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NEWS WORTH SHARING.

WELCOME TO THE DOLLHOUSE

AS EVIL ANNABELLE RETURNS TO THE BIG SCREEN, METRO LOOKS AT SOME OF FILM'S FREAKIEST PLAYTHINGS PAGE 15

First Ebola case diagnosed in U.S.

Health officials say patient who had travelled from Liberia is now being treated in Dallas PAGE 7

Hefty severance for councillors

'Transition assistance' can be tens of thousands of dollars for those who lose, choose not to run PAGE 3

U of O unveils $70M research centre

The University of Ottawa's ARC technologist Normand St-Jean shows off the new accelerator mass spectrometer, the only such device in Canada. TREVOR GREENWAY/METRO

Science. Advanced Research Complex to draw top scientists, unlock mysteries of the natural world

TREVOR GREENWAY
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Researchers at the University of Ottawa are ready to unlock some of the earth's natural mysteries.

The school unveiled its Advanced Research Complex (ARC) Tuesday, complete with specialized labs, vibration-resistant floors and Canada's only accelerator mass spectrometer, an item worth $10 million alone.

The massive 44-tonne spectrometer will enable scientists to "unlock important natural mysteries" relating to health, resources and the climate.

"Right now, the big thing that it does, which is really popular, is carbon dating," said ARC technologist Normand St-Jean. "If you bring a piece of tree or rock or even bone fragments, we can actually tell how old it is. Before you needed a really big chunk of your sample, but now you just basically need powder. With this we are measuring atoms, so that is why you don't need much."

Current research at the ARC includes tracking contaminants in soil, studying extinct volcanoes and advancing the diagnoses and treatment of osteoporosis.

The $70-million ARC boasts a whopping 14,000 square metres of space for students and professors to conduct the most advanced research in their many fields.

Physics professor Paul Corkum, one of North America's leading researchers in photonics, was all smiles as he showed off his new vibration-resistant lab filled with vacuum chambers and laser sensors for him and his team to study the science of light.

"It's everywhere, because light is everywhere, so it's very important," said Corkum, adding that specialized machines will help students study fast-moving electrons to understand the underlying things in life.

"Electrons are everything. Electrons make you move, you see by electrons, electrons control everything."

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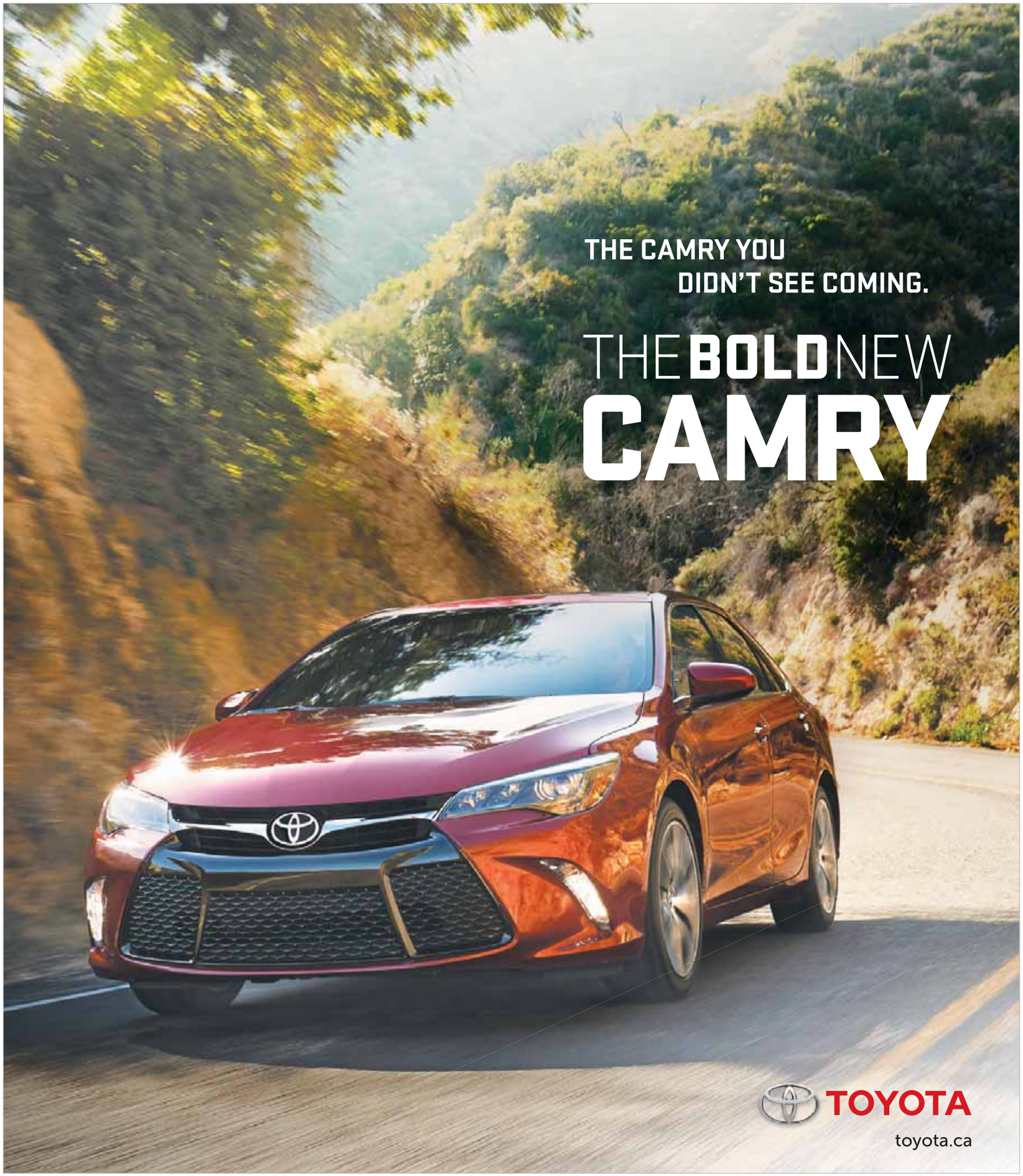
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FIVE THINGS YOU NEED TO KNOW TODAY

1 ADVANCE POLLS

Special advance municipal election polls are open on Wednesday, Thursday and Friday of this week from 8 a.m. to 8 p.m. at Ottawa City Hall, 110 Laurier Ave. West.

2 BLOOD SHORTAGE

Sign up to donate blood. Canadian Blood Services says low attendance rates in recent months have resulted in the lowest national blood inventory since 2008. Appointments can be booked by visiting blood.ca or by calling 1-888-2-DONATE (1-888 236-6283).

3 PLASTIC-BAG FREE

Planning a shopping trip to the Golden State? Bring a reusable bag. California has become the first U.S. state to ban single-use plastic bags. The bill preserves more than 100 local plastic bag bans.

4 PAN AM GAMES TORCH RELAY

The torch relay route for the Toronto 2015 Pan Am Games is set to be revealed today with the help of retired astronaut Chris Hadfield and Olympic medallists Simon Whitfield and Catriona Le May Doan.

5 NETFLIX AGREEMENT

Online streaming firm Netflix has reached an agreement with The Weinstein Company to make the new Crouching Tiger: Hidden Dragon available online as it debuts at IMAX cinemas.

Councillors to receive thousands in severance pay

City hall. Transition assistance goes to candidates who lose or decide not to run

LUCY SCHOLEY
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Six Ottawa city councillors who have chosen not to run again will each leave their seats with tens of thousands of taxpayers' dollars in severance pay.

Councillors Rainer Bloess, Steve Desroches, Diane Holmes and Maria McRae are each getting about $46,998.98 in what's called "transition assistance allowance."

Because councillors Peter Hume and Doug Thompson were elected to councils pre-amalgamation, they get additional pay.

Hume will walk away with $71,498.98, while Thompson will pocket $67,278.98.

In an email to Metro, Deputy City Clerk Leslie Donnelly says councillors who leave office are not entitled to Employment Insurance and are obligated to act as a councillor up until the end of their term, which may make it difficult for them to pursue other jobs.

"While Elected Officials who do not seek re-election are not "being fired" in the same sense as a councillor who is defeated in an election, the loss of a job is similar," she wrote, citing a city staff response to the arms-length Citizen's Task Force on Council Remuneration report.

Staff disagreed with a part of the report that stated only defeated councillors should get a transition allowance.

As of Dec. 1, 2006, outgoing and defeated councillors get severance pay that equals one month's pay for each consecutive year served on council up to six months.

However, those councillors who resign or return directly to the places they worked prior to sitting on city council do not get these payments.

Students protest tuition hikes at open house

The University of Ottawa's planned open house at the Advanced Research Complex took an unexpected swerve when a group of students highjacked the event to protest ongoing tuition hikes. Yelling "drop fees," the students unfurled a banner. University of Ottawa president Alan Rock, who was speaking at the event asked the students to leave and they agreed, but first asked Rock not to raise tuition fees again. "We are proud of our students. All of them," Rock said. TREVOR GREENWAY/METRO

NCC seeks proposals to redevelop LeBreton Flats

Wanted: A major anchor institution.
Only one opportunity to get it right, says minister responsible for National Capital Commission

LUCY SCHOLEY
lucy.scholey@metronews.ca

The National Capital Commission is seeking proposals to redevelop LeBreton Flats into a "world-class destination."

NCC CEO Mark Kristmanson, commission chair Russell Mills and MP John Baird, minister responsible for the NCC, put out a call on Tuesday for proposals for 9.3 hectares of vacant land across the street south of the Canadian War Museum.

NCC officials would consider anything from a new Ottawa Senators hockey arena, retail shops or a library as long as it's of "regional, national or international significance" and integrates the future Light Rail Transit (LRT) project and surrounding monuments.

"The NCC has learned from the first round of development on LeBreton Flats that we really should step back and let the creativity and innovation come from the private sector on this," said Kristmanson, later adding "my appointment is for five years and I'd like to see something done on my watch."

"I think the community has waited for decades for this development," he said. "I think it's important to point out that what's new here is, instead of a mixed-use development, we're proposing a major anchor institution of some kind."

A map showing LeBreton Flats. The National Capital Commission is redeveloping 9.3 hectares of the flats, which are outlined in red. An additional 12.3 hectares could also be provided, as outlined in yellow. COURTESY NATIONAL CAPITAL COMMISSION

National Capital Commission CEO Mark Kristmanson, right, answers questions during a briefing on the LeBreton Flats redevelopment with MP John Baird on Tuesday. LUCY SCHOLEY/METRO

While Baird said a brand new Canada Science and Technology Museum would be an "obvious potential candidate" for that land, there's no money for such a facility. The museum closed earlier this month due to the discovery of unacceptable levels of mould in the air at the museum.

"We only have one opportunity to get this right," said Baird. "If we wanted to slap up some soulless, ugly condominiums we could do that very, very quickly, but let's take the time to get that right."

The NCC owns 85 hectares of land in the area. The 9.3 hectares under consideration for redevelopment are along the west side of Booth Street and south of Sir John A. Macdonald. An additional 12.3 hectares could open up for development, depending on the need.

Bidders on this project must submit their ideas for LeBreton Flats by Dec. 5 at noon.

The NCC staffers will cut the list down to five finalists and present their plans to the board in February of next year.

Once the five plans are finalized, the public will be invited to comment on the plans and give input.

The project will be picked by fall 2015.

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Liberal riding exec alleges candidate pressured support

'Hilarious'. Nomination candidate Will Amos denies the allegation

TREVOR GREENWAY
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An executive member of the Pontiac Liberal Riding Association is alleging a federal candidate told her to support his campaign, or she wouldn't receive any "favours" if he was elected.

In a letter to the Liberal Party of Canada and obtained by Metro, Pontiac Riding Association associate member Rhianon Banner alleges federal hopeful Will Amos told her that unless she supports his campaign, her career as a Liberal executive could be at risk, as he would decide the next president of the Pontiac Riding Association.

"We then began discussing my ambitions on the Executive and he advised me that my position on the executive would be at risk as he would 'stack a room of his supporters' at the next AGM if I were to run for president of the riding association and my getting the position would be a 'favour,'" the letter states.

Will Amos is seeking the federal Liberals' nomination to run as a candidate in the riding of Pontiac in the next election. FACEBOOK.COM/PIERRE LAPORTE

The incident is alleged to have happened at a function for Westmount-Ville-Marie MP Marc Garneau on June 9 in Gatineau, where the two began discussing Banner's preference for the nomination in the Pontiac Riding.

When she told Amos that she had to remain neutral, he told her not to expect any favours from him in the future should he win.

"Mr. Amos then advised me, that those that did not declare for him early, or at all, would not receive 'favours' from him," the letter alleges.

Banner confirmed to Metro that she had written the letter, but wouldn't comment further.

Amos denied the incident, saying the claims were "ridiculous" and "hilarious."

"There is not a shred of truth to this," said Amos, adding he was at the June 9th event, but doesn't recall such a conversation. "This strikes me as a bit of nomination games going on. People are trying to play politics right on the deadline of the nomination meeting."

President of the Pontiac Riding Association Scott McDougall couldn't comment on the specific letter for confidentiality reasons, but said the nomination process is "naturally competitive," and says it's not uncommon to hear complaints about various competitors at this stage.

Banner has since resigned from the Pontiac board.

The Liberal Party of Canada was not immediately able to answer specific questions about the letter.

The nomination vote for the Pontiac Riding takes place on Oct. 25.

Vandals torch candidate's election signs

Ward 22 candidate Michael Qaqish holds an election sign torched by vandals. Qaqish says he thinks his campaign was specifically targeted when other candidates' signs were left untouched. Qaqish has complained to police, but police say such complaints are common during elections and are most often the work of young vandals randomly attacking election signs. CONTRIBUTED

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Gay rights activist now facing new charge of aggravated sexual assault

HIV disclosure. Eliott Youden was acquitted in June on a similar charge

JOE LOFARO
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Ottawa police have laid an aggravated sexual assault charge against Elliott Youden, a prominent gay rights activist in Ottawa who has HIV.

Youden was acquitted on the same charge in a separate allegation in June. In that case he was accused of failing to disclose his HIV positive status to a man with whom he had sex.

Police said in a news release Tuesday that they received a complaint from a 16-year-old boy following an incident on Sept. 27 at 9:30 p.m. in Lowertown.

Police allege Youden did not disclose his HIV-positive status to the complainant, sexually assaulted him, and extorted him for a sum of money.

Police have charged Youden with one count of aggravated sexual assault and one count of extortion.

Youden is scheduled to appear in court Wednesday for a bail hearing.

Police say they believe there may be other alleged victims.

In June, Justice Monique Métivier found Youden not guilty of aggravated sexual assault after a then-25-year-old man complained that Youden failed to disclose his medical condition before they purportedly had sex without a condom.

Youden was diagnosed with HIV in 2008, court heard.

Métivier found there was not enough evidence to prove beyond a reasonable doubt that Youden did not disclose his HIV status before their sexual relations. In her ruling, she said both the accused and the complainant lacked credibility in their testimony.

Following his acquittal, Youden told reporters he was relieved to put the trial behind him, especially since it had to restart after there was a mistrial.

"This has been extremely stressful. It's cost me a lot of sleepless nights and it's caused a lot of worry in the community in general," said Youden at the time.

Contact police

Anyone with information can contact the Ottawa Police Sexual Assault and Child Abuse Unit at 613-236-1222, ext. 5944. Anonymous tips can be submitted by calling Crime Stoppers at 613-233-8477 (TIPS), toll free at 1-800-222-8477 or by downloading the Ottawa Police iOS app.

Elliott Youden, a prominent gay rights activist, is facing an aggravated sexual assault charge for allegedly failing to disclose his HIV-positive status. JOE LOFARO/METRO

Ottawa woman who ran teen pimping ring should get three more years in jail, Crown says

An 18-year-old Ottawa woman who ran a teen pimping ring in Ottawa in 2012 should serve an additional three years in jail, a Crown prosecutor argued Tuesday at a sentencing hearing.

The adult sentence being sought by the Crown is on top of the 843 days the woman already served in pre-sentence custody.

The woman was 15 at the time of her arrest in June 2012 and was the so-called ringleader behind the pimping operation that coerced high school girls into prostitution.

The court heard she used violence or the threat of violence to force teen girls as young as 13 into sex work.

Two of the woman's co-conspirators entered surprise mid-trial guilty pleas. One has been sentenced, while the other girl is expected to be sentenced in November.

The ringleader was convicted in January on a slew of charges including human trafficking of a person under 18, abduction, child luring, sexual assault, making child pornography, and possessing child pornography.

Mothers of some of the victims read emotional victim impact statements in court Tuesday.

"I have returned here today to reiterate the grief and the disgust that this perpetrator has descended upon my family as well as the other victims," said one mother.

"We are all trying to move on, however, what this perpetrator has premeditated viciously, maliciously, and self-gratifyingly for her own personal gain is beyond any adjectives I can come up with."

The Crown lawyer read another statement on behalf of a victim. The victim wrote in her statement that she still has nightmares of the incident and has issues trusting men.

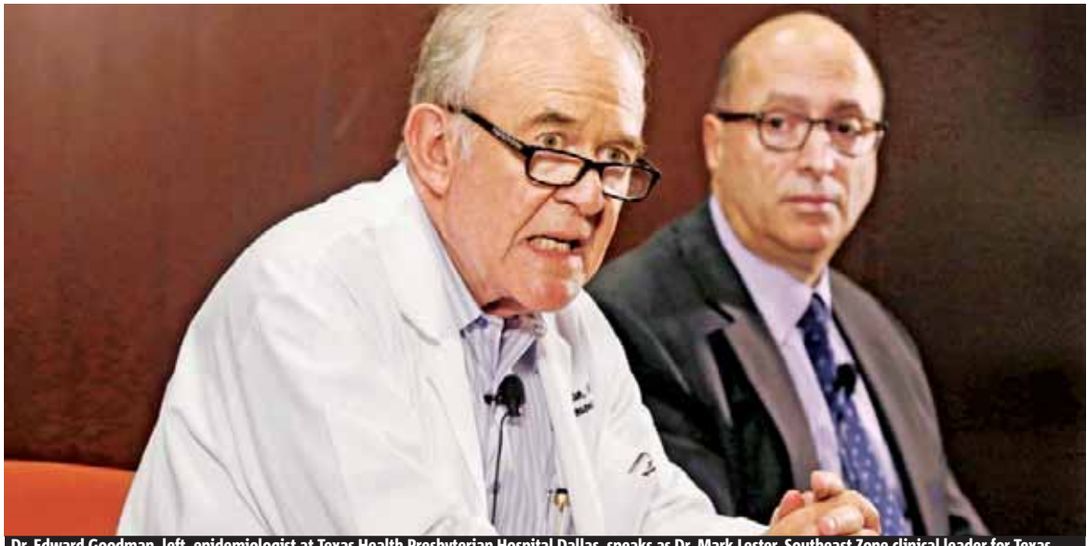
"I have built walls around myself so no one can see the sadness and fear," she wrote. "I'm scared to do anything."

JOE LOFARO/METRO

Sentencing hearing

Some of the issues raised at the sentencing hearing:

- A probation officer said the girl liked to be called by her street name while in custody.
- The woman consumed a smuggled Percocet pill in custody.
- She has obtained 27.5 high school credits while incarcerated.
- She never got in any fights while in custody.
- In custody she tends to hang out with people who committed similar offences.
- The sentencing hearing continues Wednesday.



Dr. Edward Goodman, left, epidemiologist at Texas Health Presbyterian Hospital Dallas, speaks as Dr. Mark Lester, Southeast Zone clinical leader for Texas Health Resources, looks on during a news conference on Tuesday about an Ebola-infected patient they are caring for in Dallas. LM OTERO/THE ASSOCIATED PRESS

Officials confirm first case of Ebola diagnosed in U.S.

Dallas. Patient is in isolation at Texas Health Presbyterian Hospital

A patient at a Dallas hospital has tested positive for Ebola, the first case of the disease to be diagnosed in the United States, federal health officials announced Tuesday.

The patient was in isolation at Texas Health Presbyterian Hospital, which had announced a day earlier that the person's symptoms and recent travel patterns indicated a possible case of Ebola.

The person, an adult who was not publicly identified, developed symptoms days after returning to Texas from Liberia and showed no symptoms on the plane, according to the Centers for Disease Control and Prevention.

CDC Director Dr. Tom Frieden said the patient came to the U.S. to visit family and has been hospitalized since the weekend. State health officials said no other cases are suspected in Texas.

Specimens from the patient were tested by a state lab and confirmed by a separate test by the Centers for Disease Control, said Carrie Williams, spokeswoman for the Texas Department of State Health Services.

Zachary Thompson, director of Dallas County Health & Human Services, said health officials in North Texas are well equipped to care for the patient.

Four American aid workers who became infected while volunteering in West Africa have been treated in special isolation facilities in hospitals in Atlanta and Nebraska, and a U.S. doctor exposed to the virus in Sierra Leone is under observation in a similar facility at the National Institutes of Health.

The U.S. has only four such isolation units, but the CDC has insisted that any hospital can safely care for someone with Ebola.

THE ASSOCIATED PRESS

Guidelines

Diagnosing Ebola virus

Ebola symptoms can include fever, muscle pain, vomiting and bleeding, and can appear as long as 21 days after exposure.

Health officials use two primary guidelines when deciding whether to test a person for the virus — whether that person has travelled to West Africa and whether they have been near other people who have been exposed, said a Centers for Disease Control and Prevention spokesman Jason McDonald.

Montreal. McGill football coach resigns in protest of player's suspension

The head coach of the McGill Redmen football team has stepped down in protest of the university's decision to suspend a player charged in an alleged case of domestic violence.

Clint Uttley resigned from his post on Tuesday. A resignation letter attributed to Uttley said the coach objected to McGill's decision to suspend running back Luis-Andres Guimont-Mota following his arrest last week.

In the letter, Uttley took umbrage with a statement released by McGill on Friday that said "the individual should not have been invited to join our team. That was not in accordance with the values of our community."

Uttley added that he believes in giving people a second chance, noting that McGill did not object to Guimont-Mota's presence on the team when he was sentenced to 90 days in jail last year after pleading guilty to assault. THE CANADIAN PRESS

Nova Scotia. Men's rugby at Dalhousie suspended over hazing allegations

A Nova Scotia university that saw its women's hockey team sidelined last year over complaints of heavy drinking and humiliating behaviour has suspended its men's rugby club while it investigates fresh allegations of hazing.

A spokesman with Dalhousie University in Halifax said that the school began looking into the matter after receiving a formal complaint from a university employee sometime within the last two weeks.

Brian Leadbetter wouldn't provide any details about the nature of the complaint, who filed it, where the incident occurred or who was involved, but he said it was serious enough to warrant a suspension of the team's privileges.

"We do not tolerate behaviour that humiliates, disrespects or threatens anyone in the campus community … and that's why we're moving ahead with this investigation," he said. THE CANADIAN PRESS

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Kongats Architects, Toronto

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Moriyama & Tashima Architects, Toronto

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This discussion, facilitated by Maria Cook, from the Royal Architectural Institute of Canada, will contribute to the NCC's pursuit of superior design and architecture in the Capital.

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Magnotta jurors shown photos, bizarre notes referencing PM

Jun Lin murder trial. PM Stephen Harper and his wife Laureen named by accused in exhibits seen in court

In this artist's sketch, Luke Rocco Magnotta, left, watches proceedings on the opening day of his first-degree murder trial in Montreal on Monday. MIKE MCLAUGHLIN/THE CANADIAN PRESS

A bizarre note naming Prime Minister Stephen Harper and his wife Laureen was part of the evidence viewed by jurors at Luka Rocco Magnotta's first-degree murder trial Tuesday.

The jury took a closer look at photos showing the contents of four parcels that were mailed to political offices in Ottawa and schools in Vancouver.

One of them contained a neatly written note on pink paper that included an obscenity and read: "Stephen Harper and Lauren Teskey will know who this is. They f—ked up big time." Teskey is Harper's maiden name.

Magnotta, 32, faces a first-degree murder charge in the May 2012 slaying and dismemberment of Chinese student Jun Lin. He is also charged with criminally harassing Harper and other members of Parliament, mailing obscene and indecent material, committing an indignity to a body and publishing obscene material.

Magnotta pleaded not guilty on Monday to all five charges. He has admitted to the crimes, but his lawyer has indicated he will mount a defence of mental disorder.

On Tuesday, the jurors were able to view photos taken in 2012 by three Montreal police crime-scene technicians. One officer's photos showed the parcels that were mailed to Ottawa and Vancouver.

One box had a heart drawn in black marker at the bottom, while another contained dark stains. Among the items recovered from the boxes were pink tissue paper, gift bags and four handwritten notes, including at least one bearing the name of "Lauren Teskey," clearly referring to the prime minister's wife.

THE CANADIAN PRESS

The apartment

Another officer's photographs took jurors inside the Montreal apartment where Lin's slaying is alleged to have occurred.

- It was largely empty of contents, but there were red stains and marks, in particular in the refrigerator and on a mattress.

Alberta

Man aiming at coyotes shoots own arm instead

Eternally outsmarted cartoon character Wile E. Coyote has come out on top for once.

Calgary police say a man was aiming at the real-life critters on his rural property southeast of the city when he accidentally shot himself in the arm. His injuries are not serious.

CHQR/THE CANADIAN PRESS

Animal rights

Tories say no to RCMP's move to shed its fur hats

The Conservative government says it is overturning an RCMP decision to doff their muskrat hats in favour of animal-friendly tuques.

Environment Minister Leona Aglukkaq says that the public safety minister is directing the Mounties to reverse the move.

THE CANADIAN PRESS

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UBC's ISIS Research Centre to change name

Negative association. ISIS, or the Islamic State of Iraq and al-Sham, is a terrorist group

THANDI FLETCHER
Metro in Vancouver

A University of B.C. research centre has become an unexpected victim of the terrorist group known as the Islamic State of Iraq and al-Sham, or ISIS.

The university's ISIS Research Centre is changing its name to distance its brand and avoid confusion with the high-profile terrorist group responsible for the recent deaths of two American journalists and widespread violence in Syria and Iraq.

Joanna Buczkowska-McCumber, director of social innovation at the soon-to-be-formerly-named ISIS Research Centre, said staff decided to look into a name change after media coverage of the terrorist group intensified in recent weeks.

"They have such a negative association, we felt that this was the time to change the name," she told Metro. "We take our brand seriously and the work we do, so we don't really want to be associated with that kind of name and being poked fun at, as well."

The centre isn't the first entity to be forced to change its name because of its now-negative association with the terrorist group.

A Calgary jewelry shop named Isis recently changed its name, along with a U.K. private equity firm and an educational initiative at a Texas University.

UBC's ISIS Research Centre was originally named in 2010 after the Egyptian deity Isis, who is the goddess of fertility and a steward to the poor, said Buczkowska-McCumber.

The name was written in capital letters for style reasons, she said.

"We wanted the name to really be meaningful in the sense that what we do is really focused on innovation with a social and environmental impact using business tools," she said.

Buczkowska-McCumber said the research centre is fast-tracking the process to adopt a new name.

The centre hopes to launch within the next couple of weeks, she said, adding: "The sooner the better."

Refugees arrive at Turkey-Syria border as airstrikes target ISIS

A Turkish soldier holds the hand of Sidra, 12, a Kurdish refugee girl from Kobani who lost her parents after their arrival at the Turkey-Syria border near Suruc, Turkey, Tuesday. U.S.-led coalition airstrikes targeted Islamic State of Iraq and al-Sham (ISIS) fighters pressing their offensive against a Kurdish town near the Syrian-Turkish border on Tuesday in an attempt to halt the militants' advance, activists said.

BURHAN OZBILICI/THE ASSOCIATED PRESS

Space conference

Russia upset over Canadian visa denials

Canada's refusal to allow Russian delegates to attend a prestigious international astronautical symposium has angered Moscow, which said the decision flies in the face of international space co-operation and amounts to politicizing space exploration over the conflict in Ukraine.

A spokesman for the Russian embassy on Tuesday called Ottawa's decision to deny visas for the delegates — including one of the country's most renowned astronauts — unfortunate.

THE CANADIAN PRESS

'No quick fixes'

Combating terrorists will take time: Baird

As the federal cabinet considers sending fighter jets to Iraq, Foreign Affairs Minister John Baird suggests Canada and other countries could be in for a long mission. Baird predicts battling extremists will take time and says Canada is in uncharted territory when it comes to directly engaging terrorist elements.

"Terrorism, radical extremism, this is the great struggle of our generation," the minister said. "Whether it's in Iraq, whether it's in Nigeria with Boko Haram, whether it's with al-Shabaab in Somalia ... there's no quick fixes."

THE CANADIAN PRESS

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HBC HUDSON'S BAY COMPANY

‘Sexist’ baby pyjamas miss the Target

‘I only date heroes’. Parents outraged to see clothing for babies playing into outdated gender stereotypes

Pyjamas for three-month-old girls and boys are seen at a Target store. HANDOUT/CHRISTINE LOGEL/CANADIAN PRESS

Hundreds of people denounced Target for selling “sexist” baby pyjamas after a university professor posted a photograph of the clothing on social media.

The boy clothing features a Superman logo and the line “Future Man of Steel,” while the girl item has the same logo but the line: “I Only Date Heroes.”

“It seems kind of ridiculous to talk about who an infant girl is going to date,” said Aimee Morrison, an associate professor of English at the University of Waterloo.

“Even for tiny babies, we seem to think of girls as gaining power and worth from whom they’re romantically linked to and boys get to become agents of action in their own right.”

The photograph was taken on the weekend at a local target store by Morrison’s friend, Christine Logel, also a professor at the university.

Logel initially put the picture on Facebook, but gained little traction.

“We were all sort of complaining about the sexism in the image and the same 10 people always commenting, and she said, ‘Nothing ever changes’,” Morrison said in an interview.

The women decided to share the image on Morrison’s Twitter account, sparking hundreds of retweets and comments.

The response was overwhelmingly against the gender stereotyping, with many responders passing along their own examples.

THE CANADIAN PRESS

Amid stiff competition, Pfizer uses women to sell men on Viagra

This image provided by Pfizer Inc. shows a new print ad for Viagra, the world’s top-selling erectile dysfunction drug. Executives at New York-based Pfizer hope the new ad campaign set to launch Tuesday, which includes print ads in publications and a new 60-second television commercial, will nudge women to broach the subject with their mates. Having a woman speak directly to men about impotence is a unique strategy for Pfizer. The world’s second-biggest drugmaker is looking for ways to boost sales of Viagra, Pfizer’s No. 6 seller, at a time when it is encountering new competition. Patents give a drug a monopoly, generally for 20 years. But when those patents expire, cheaper generic versions flood the market, often wiping out most of the brand-name drug’s sales within a year. Viagra has faced competition from cheaper generic versions in Europe since its patent expired there 15 months ago. Sales fell 8 per cent last year to $1.9 billion US. And in three years, Viagra will get generic competition in the U.S., where it costs about $35 a pill. Meanwhile, new competitor Stendra just got approved. PFIZER INC/THE ASSOCIATED PRESS

Online streaming

Spotify’s launch in Great White North is music to our ears

The online music streaming service Spotify has officially launched in Canada.

While several competitors have been offering similar services in this country for years, many music fans had still pined for access to Spotify, which was officially launched by Swedish entrepreneur Daniel Ek in 2008.

THE CANADIAN PRESS

Market Minute

DOLLAR 89.29¢ (-0.37¢)

TSX 14,960.51 (-16.41)

OIL $91.16 US (-$3.41)

GOLD $1,211.60 US (-$7.20)

Natural gas: $4.13 US (no change)
Dow Jones: 17,042.90 (-28.32)

Change. EBay set to split off PayPal payment system

EBay is splitting off its fastest growing segment, the PayPal payment service, the e-commerce company said Tuesday.

Investors applauded the news, sending eBay’s shares up nearly seven per cent in morning trading.

The move comes after months of pressure from activist investor and billionaire Carl Icahn, who has a 2.5 per cent stake in eBay, according to FactSet.

eBay CEO John Donahoe had been adamant that splitting off PayPal was the wrong move for the company. But Tuesday, the company said that making PayPal a separate publicly traded company next year “maximizes strategic focus and flexibility for eBay.”

PayPal provides online shoppers with an alternative to credit cards. It’s also moving into mobile payments from Internet-enabled devices such as smartphones and tablets, which are expected to become a major area of growth.

Citi Investment Research analyst Mark May said in a note last month that the sum total of mobile payments could grow from $1 billion US in 2013 to $58.4 billion by 2017. Apple threw down a gauntlet in September with its own digital wallet Apple Pay, seen as a major competitor to PayPal.

THE ASSOCIATED PRESS

Bigger is better? Qantas debuts the Airbus A380

Qantas is putting the world’s biggest passenger plane on the world’s longest airline route.

A Qantas Airbus A380 touched down Monday at Dallas-Fort Worth International Airport about 15 hours after leaving Sydney, Australia, on the 8,578-mile (13,800-km) journey.

The double-deck, four-engine jet was greeted with a water-cannon salute, then taxied to a two-storey gate that was configured just for the behemoth.

The inaugural flight carried a full load of 484 passengers, according to a Qantas spokesman.

DFW is a large airport with connecting flights throughout the U.S. and Latin America, making it ideal for the plane and the route. But the A380’s size also limits its appeal. Smaller planes such as Boeing’s latest, the 787, are more economical on many routes.

Qantas previously flew the Sydney-Dallas route with the Boeing 747, which required a stopover in Brisbane, Australia.

“The 747 served us really well, but it doesn’t have the range of the A380,” said Qantas Senior Executive Vice-President Vanessa Hudson. “The A380 is much bigger, so we can actually now provide 10 per cent additional capacity.”

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THE 1ST STEP IS ADMITTING WE'RE THE PROBLEM

JUST SAYIN'

Paul Sullivan
metronews.ca

I woke up yesterday morning and half the animals were gone.

No, it wasn't a spinoff of The Leftovers, but the conclusion of a report from the World Wildlife Fund. Since 1970, 52 per cent of the world's population of fish, birds, mammals, amphibians and reptiles — every living creature except people — have vanished. There are still lots of people, you'll be pleased to learn. During the same period, 1970-2010, the world's human population nearly doubled, from 4 billion to over 7 billion.

Wonder if the two are somehow related?

Simply put, we're taking over the neighbourhood and pushing everyone else out: cutting down too many trees, using too much freshwater, adding too much carbon dioxide to the air and polluting everything with nitrogen and phosphorus.

Really, folks, this is astonishing. I half expect someone to declare a global state of emergency, with everyone told to stay indoors and breathe only four times a minute to cut down on the CO2 level.

But that's not happening. In fact, nothing's happening, except maybe another species going extinct — 150 to 200 disappear every day, according to the UN Environment Program. Species are going extinct before we even discover them.

I'm not sure why we seem to care more about George Clooney's wedding than the disappearance of half the world's animals, but there you go.

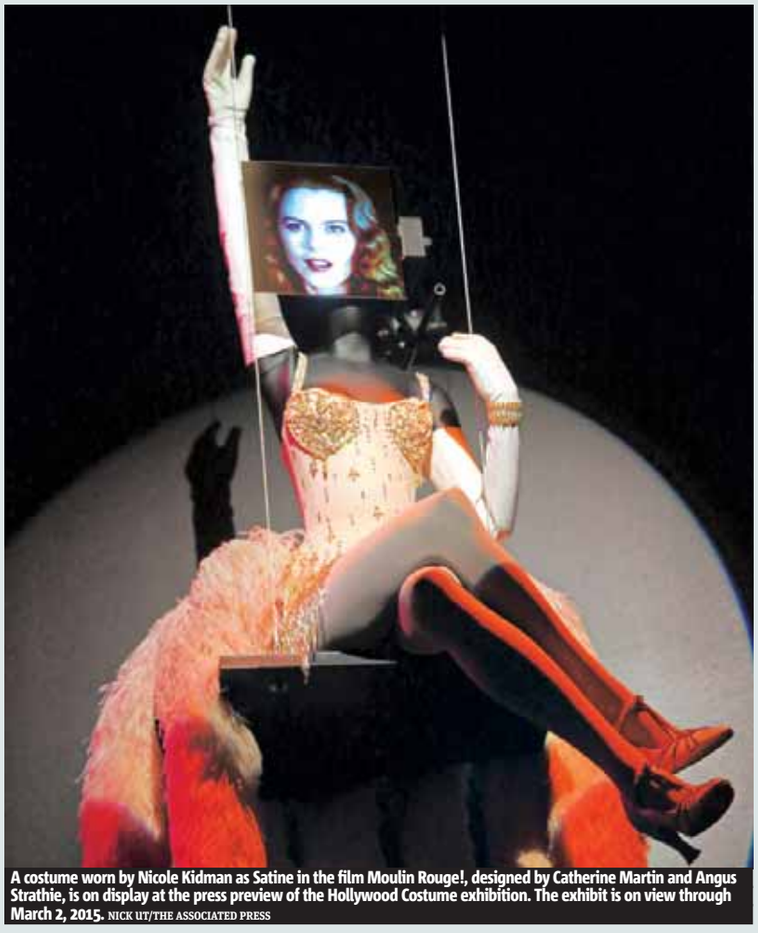
Maybe we should blame the global warming debate. Despite an unprecedented global scientific consensus that global warming is real, nine eccentric professors tell us not to worry, and we go, "OK." Or maybe we've reached the Bad News Threshold. The world is such a mess, what with the bloodthirsty enthusiasms of the jihadists, etc., who wants to hear that half the animals have disappeared in 44 years? If denial works for global warming, why can't it work for animals? Maybe we'll just wait another 44 years and they'll all be gone and we won't have to worry anymore. (We won't have to wait that long for the freshwater flat line — freshwater species have declined by 76 per cent.)

If we're feeling lonely we can always watch cute cat videos. I know, I know, I sound like a shrill environmentalist, even to myself. No doubt someone will point out that two years ago, the WWF announced that "only" 28 per cent of the animals had disappeared. So how did they get to 52 per cent only two years later? It's either a green conspiracy to prompt donations or an utter catastrophe. It won't be long before we find out.

The cockeyed optimists at the WWF believe it's not all over, that people can "live and prosper in harmony with nature". But something will have to change. A typical American, for example, will have to stop consuming at the rate of four planets, never mind just one.

But first we have to believe this is really happening. And then we actually have to do something. Good luck with that.

Maketh the movie



A costume worn by Nicole Kidman as Satine in the film Moulin Rouge!, designed by Catherine Martin and Angus Strathie, is on display at the press preview of the Hollywood Costume exhibition. The exhibit is on view through March 2, 2015. NICK UT/THE ASSOCIATED PRESS

Hollywood Costume looks at tinseltown's iconic garb

The Academy of Motion Picture Arts and Sciences is holding its first exhibit in the space that will become Hollywood's premier museum devoted to the movies.

Hollywood Costume opens Thursday in Los Angeles, with more than 150 costumes and dozens of digital monitors.

There's a collection of regal, gilded gowns fit for a queen, a section of superhero costumes and another area is dedicated to characters played by Meryl Streep.

THE ASSOCIATED PRESS

They've got it all

A gallery of some of the most iconic costumes dazzles with its breadth:

- The beaded gown and fur stole that adorned Marilyn Monroe in 1959's **Some Like it Hot**; John Travolta's groovy white suit from 1977's **Saturday Night Fever**; Julia Roberts' red dress from 1990's **Pretty Woman**; the blue velvet suit that transformed Mike Myers into **Austin Powers** in 1997; and two original pairs of ruby slippers worn by Judy Garland in 1939's **The Wizard of Oz.**

MetroTube

Daredevil goes doooooown

ANDREW FIFIELD
andrew.fifield@metronews.ca

May the sun forever shine on the brave hearts of adrenalin junkies who look down from a soaring hot air balloon and think to themselves, "This is cool and breathtaking and all ... if only it were more dangerous." You know who is just that sort of person? Ivan Trifonov, a 70-year-old Guinness record-holding daredevil who took it upon himself to guide a specially modified balloon to tap the bottom of Croatia's Mamet Cave. My goodness. (Croatia/YouTube)

SCREENGRAB

Twitter

@metropicks asked: The UN is holding a conference on gender equality in Iceland that they've decided to only invite males to, with the idea of getting men and boys in on the conversation. Is this a good idea?

@my2k: maybe they can talk amongst themselves what they're doing wrong, like kids in a time-out

Join the conversation @metropicks.

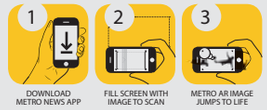
metro AR

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 14 in Scene and page 19 in Life.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.



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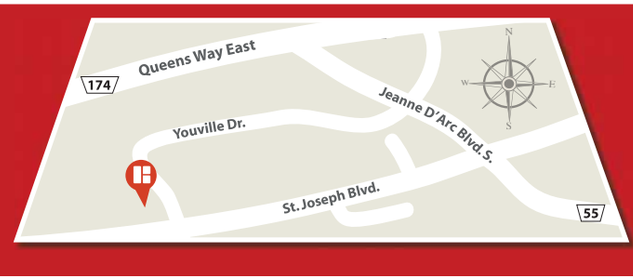

SCENE 2

Ben there done that: Affleck survives overexposure era

Goodwill hunting.
Actor traded in tabloid rep for more measured shots at stardom

IN FOCUS
Richard Crouse
scene@metronews.ca

This weekend Ben Affleck returns to theatres as the star of the hotly anticipated Gone Girl, an adaptation of Gillian Flynn's bestselling novel about a man whose life becomes a media circus when his wife (Rosamund Pike) disappears and he is the prime suspect.

It's a welcome return for the star who once almost wore out his welcome on the big screen.

For a few years in the early 2000s, Affleck was the textbook definition of overexposed. Between 2001 and 2004 he released a staggering 11 films, took a year off and dumped four more into theatres in 2006.

Then (when the tabloids weren't naming him Sexiest Man Alive, as People Magazine did in 2002), they were detailing the every move of the couple known as Bennifer, a mash-up of Ben and fiancée Jennifer Lopez's high-wattage names.

You couldn't go to a theatre, turn on a television or pick up a magazine without seeing his handsome face, and soon enough that ubiquity worked against him.

The Wall Street Journal did the math, reporting Affleck's recognition factor jumped from 75 per cent to 82 per cent in 2003, but noted the percentage of folks who didn't like him climbed from 12 per cent to 18 per cent.

In 2004 talent agent Patrick Whitesell told Los Angeles Times writer Kim Masters, "That kind of [media] coverage robs movie stars of their mystique."

After that period of wild tabloid overexposure ruined his credibility with moviegoers and very nearly turned him into an industry in-joke, Affleck took some time for self reflection — "I was a little bit exhausted of myself," he said — stopped saying 'Yes!' to every script that came his way and earned a second act.

In front of the camera — in movies like State of Play — and behind it, directing the critically acclaimed Gone Baby Gone, the man who had made four dozen movies since 1993 rebuilt his career, focusing on quality rather than quantity.

His next film saw him on both sides of the camera, directing, co-writing and starring in The Town, a crime drama that returned him to the scene of his first success, the Boston of Good Will Hunting. The Oscar-winning Argo followed and soon he'll be seen as Batman in Batman v Superman: Dawn of Justice.

The days of overexposure have come and gone, and he survived to have a thriving career. "Now I think I'm kind of seen as just sort of somebody in Hollywood who works," he says.

Just a working man

"Now I think I'm kind of seen as just sort of somebody in Hollywood who works."
Ben Affleck

metro AR Ben Affleck and Rosamund Pike join forces in Gone Girl. Scan this photo with your Metro News app to see a clip of them in action. CONTRIBUTED

No more yes-man

"I was a little bit exhausted of myself."
Ben Affleck on taking a break after a decade of overexposure.

Ben Affleck and Jennifer Lopez in Gigli, during the Bennifer era. CONTRIBUTED

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Hollywood's dollhouse of horrors

Evil playthings. As The Conjuring's Annabelle returns, Metro looks at filmdom's dastardly dolls

CHRIS ALEXANDER
scene@metronews.ca

In director James Wan's 2013 smash hit horror show The Conjuring, the most terrifying thing about the film, arguably, was the prologue-embedded tale of evil Annabelle, the malevolent haunted doll that paranormal investigators The Warrens (played by Vera Farmiga and Patrick Wilson) keep locked in their museum of monstrous things.

Now that the grinning, porcelain-sculpted plaything has got her own movie — the Wan-produced prequel Annabelle, opening wide this Friday — Metro opted to flash back into horror's history and spotlight some of the big scream's other famous deadly dolls, starting, appropriately, with ...

Annabelle, the monstrous doll of The Conjuring, returns to the big screen this weekend. LIZ BROWN/METRO

Dolls (1987)

Director Stuart Gordon chased the breakaway success of his off-colour shocker Reanimator with this ultra-gothic contemporary fairy tale, in which a pack of travellers in the English countryside end up spending the night in a kindly toymaker's mansion, home to his dense collection of meticulously designed dolls. But all is not what it seems, naturally, and soon the dolls wake up and do some very, very bad things…

Puppetmaster (1989)

Dolls' producer Charles Band was so taken with his initial excursion into killer-toy cinema that he remounted the concept for this home-video hit that spawned nine sequels, and dozens of other popular Band-produced "evil toy" B movies. This one sees a troupe of supernatural living puppets trap a gaggle of folks in a house and off them one by one, in often gruesome ways. Plenty of demented fun with top-notch David Allen stop-motion effects work.

Anthony Hopkins is a ventriloquist working with a deadly dummy in 1978's Magic. CONTRIBUTED

Magic (1978)

Anthony Hopkins gives one of his most memorable early performances (matched by co-star Ann-Margret) in this shuddery, bizarre tale of an unstable ventriloquist and his possibly haunted, decidedly lethal dummy. Plenty of eccentric touches and scares in a film that anticipates Wan's own thriller Dead Silence and echoes a pair of choice episodes from TV's The Twilight Zone, Caesar and Me and The Dummy. Speaking of which ...

The Twilight Zone: Living Doll (1964)

One of TZ's wildest episodes, Telly "Kojack" Savalas stars as a boorish man whose stepdaughter brings home a smiling chatty doll named Talky Tina.

After muttering a slew of pre-programmed pleasantries, the Living Doll of the title turns to the abusive patriarch and promises to kill him. She makes good on that promise. One of the show's most beloved instalments, it most certainly paved the way for…

Child's Play (1988)

The mother of all homicidal doll movies, this Tom Holland (Fright Night) directed thriller sees a voodoo-loving serial killer transpose his soul into the plastic body of a Good Guy doll. When said killer Cabbage Patch Kid, named Chucky, is bought by a harried single mom for her son, the Good Guy gets his mitts on a sharp instrument and resumes his maniacal ways. Clever, witty, suspenseful and genuinely scary, Child's Play has spawned four sequels to date.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Matt Damon ALL PHOTOS: GETTY IMAGES

That's no way to keep the bromance alive: Matt ditches Ben for George

Having to choose between famous friends can be tough, as Matt Damon learned when he chose to head to Italy for George Clooney's wedding, missing Ben Affleck's Gone Girl premiere in New York the night before.

And the choice apparently did not go unnoticed by Affleck's wife, Jennifer Garner. "Jennifer was furious that Matt didn't go to the premiere. She flipped out that he ditched his best friend on his big night to go to George's wedding instead." Oof. Way to get on your best friend's wife's bad side, Matt. Funny thing, though — from perusing the red carpet photos of the Gone Girl premiere, you know who else apparently wasn't there? Jennifer Garner, who was in Los Angeles the next morning to do press for her own new film. Maybe she was projecting?

And in Damon's defence, Affleck has had — and will continue to have — a lot of movie premieres. Clooney's only going to get married maybe a handful more times.

Wha...? Doesn't Trump know nice guys finish last?

Donald Trump is not happy. Comedian Philip Bradbury duped the Apprentice boss into retweeting a photo of British serial killers Fred and Rosemary West by tweeting that the photo was of his parents, who'd always said Trump was "big inspiration."

Donald Trump

And since the quickest way to get Trump's attention is to tell him he's important, he gladly obliged. Whoops. "I thought I was being nice to somebody re their parents. I guess this teaches you not to be nice or trusting," Trump tweeted after finding out the truth. "Maybe I'll sue." Bradbury might want to watch himself, because the Donald is probably actually serious. He does seem to love suing people, after all.

The Word

Bynes has got it bad and that ain't good

NED EHRBAR
Metro in Hollywood

You know who we haven't heard from in a while? Amanda Bynes. Well, that dry spell is over because Bynes is back!

Her parents' conservatorship — which gave them total, Britney Spears-style control over her life and finances — ended earlier this month, and right on cue we have the former Nickelodeon star's first run-in with the law.

Bynes was arrested over the weekend for driving under the influence after cops in Sherman Oaks, Calif., saw her stop at a red light — in the middle of the intersection. Police charged Bynes with a misdemeanour after they "determined she was under the influence of a controlled substance," according to E! News, though exactly what substance is still a mystery. It's nice to see her coming back playing the hits, though, like getting popped for a DUI. Bynes, after all, was given three years of probation for that very type of arrest back in 2012.

And that's not all! Radar Online reports that she's also flunked out of the Fashion Institute of Design and Merchandising, where she'd been studying since getting out of rehab last year. "Amanda just stopped going to classes," a source says. "Everything had been going very well for her up until the conservatorship ended. Her instructors tried to reach out to Amanda, given her history of very public breakdowns, but got no response." No word yet on if she plans to relaunch her Twitter account and start lashing out at fellow celebrities again, but here's to hoping.

David Fincher

Fincher not starry-eyed when it comes to Jedi

Sure, J.J. Abrams is busy making the next Star Wars film, but it could have been Fight Club director David Fincher in charge of revamping the franchise — though probably not likely, even he admits. Fincher tells Total Film that he met with Lucasfilm early on to discuss the famous franchise. "It's tricky. My favourite is the Empire Strikes Back. If I said, 'I want to do something more like that,' then I'm sure the people paying for it would be like, 'No! You can't do that! We want it like the other one with all the creatures!'" In even less kid-friendly matters, Fincher sees the Star Wars series as "the story of two slaves (droids C-3PO and R2-D2) who go from owner to owner, witnessing their masters' folly, the ultimate folly of man," he says. "I thought it was an interesting idea in the first two (films), but it's kind of gone by Return of the Jedi."

Steve Carell
Jennifer Garner
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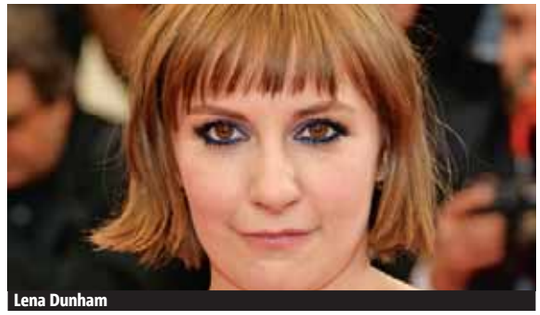
Thank Gawker for small favours — Lena will pay book tour acts after all

Lena Dunham was originally planning to have the opening acts on her upcoming, sold-out book tour perform for free, but that was before Gawker pointed out the fact. Now Dunham has doubled back, announcing that the acts — ranging from comedians to gymnasts to ukulele players — will all be compensated after all. "Some good points were raised and I've ensured that all opening acts will be compensated for their time, their labor and their talents," Dunham tweeted. "The fact that Gawker pointed this out really proves Judd Apatow's saying that 'a good note can come from anywhere.'"



Lena Dunham

How-to

Protect animal welfare

Intrepid Travel has these tips for helping prevent animal cruelty:
1. Before you visit a zoo, make sure it adheres to the World Association of Zoos and Aquarium Code of Ethics (WAZA.org). Better yet, view wildlife in the wild.
2. Steer clear of cockfights, bullfights and animals employed in cultural festivals.
3. Swimming with captive dolphins is stressful for them. Avoid any captive marine mammal.
4. Don't be tempted by local cuisine that includes wild animals.
5. Don't buy souvenirs that incorporate fur, horns or shells.
6. Don't get your picture taken with, or ride on, a wild animal, elephants included. Many are drugged or mistreated in order to be "tame" enough. **DOUG WALLACE/METRO**

Deal

Book early for Italy

Globus is expanding its offerings next year for Italy and other parts of Europe. Its portfolio will include a new nine-day Italian Sampler tour priced at about $220 per day. It takes in Rome, Florence and Venice, plus quieter spots such as San Gimignano and Padua. If you book an air-inclusive 2015 Globus Europe vacation before Oct. 28, you get a $100 air credit per person. The credit grows to $350 when it's Italy you're booking and $500 if you choose Air France, KLM or Alitalia flights to Italy. Visit GlobusJourneys.ca. **TEXT: DOUG WALLACE, PHOTO: GLOBUS**

Tool

Virtual guide to the Adirondack Park

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TEXT: DOUG WALLACE, PHOTO: SHAUN ONDAK

That's hot. San Fran and Sriracha top foodie travel list

Top five food destinations
1 San Francisco, USA Sriracha sauce
2 New York, USA gourmet burgers
3 San Sebastian, Spain foraging
4 Toronto, Canada hand-held pies
5 Lyon, France heritage cuisine

A new food and travel report has named San Francisco the top culinary destination for food lovers this fall, citing the city's love affair with Sriracha sauce as one of its star attractions. Written by online booking site Travelocity.ca and "culinary trendologist" Christine Couvelier, the list of top 10 food cities in the Culinary Travel Report is dominated by North American and European cities, with nary an Asian destination in sight. San Francisco tops the list for being a hotbed of culinary creativity and food artisans, the report says. And apparently, the culinary trend to keep an eye out for in this city is Sriracha sauce, which is being used not only as a condiment but also as a spicy, barbecue glaze for grilled meats, particularly chicken. **AFP**

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At-home exploring

The next four weeks are prime leaf-peeping time. ISTOCK

Leaf some time this fall to take in the sights

ON THE MOVE
Loren Christie
life@metronews.ca

If you are a leaf peeper, the next four weeks will provide numerous opportunities for a fabulous fall getaway.

The proliferation of maples, beeches and birches in New Brunswick with their vibrant and varied colours make a trip in this part of the country particularly appealing. Road trippers have some eye-popping foliage options, including the St. John River Valley Drive stretching from Edmundston in the north to the port city of St. John. Or if you prefer a seaside route, the Fundy Trail stretches along the province's coastline and takes you through Fundy and Kouchibouguac national parks.

Cape Breton's Cabot Trail is at its best at this time of the year with the highlands exploding in yellows, reds and oranges. It offers stunning scenery, wildlife viewing and the opportunity to encounter two distinct cultures, Acadian and Scottish, which colour Nova Scotia's history. It's an ongoing debate whether to do the drive clockwise or counter-clockwise. I prefer clockwise as it feels like a more logical build-up of the sites along the route.

Ontario's back roads offer endless options for exploration from the Kawarthas cottage country to the Bruce Peninsula to Highway 60 through Algonquin Provincial Park. To assist in picking the most vibrant route, check out ontariotravel.net for live updates on their fall colour report. Download the app to help guide you on your journey and browse the site for a wide variety of autumn packages including horseback riding and kayaking.

If you prefer not to peep and drive at the same time, consider heading to Quebec. From the Eastern Townships to Charlevoix, many of that province's ski resorts have become fall festival headquarters with a variety of hillside leaf peeping opportunities coupled with barbeques, live music and family activities.

If you are out West and want to see some fall colour, Banff and Jasper National Parks are your best bet. Consider the Larch Valley Trail near Lake Louise, with its golden larches, the Johnston Canyon or take a ride up the Banff Gondola.

Get in some free history lessons at these Edinburgh sites

Budget travel. If the independence vote put Scotland on your radar, consider taking in the capital for next to nothing

St. Giles' Cathedral has over 200 memorials to notable Scots. A walk along the Royal Mile typically includes a look at the cathedral and Edinburgh Castle. PHOTOS: THE ASSOCIATED PRESS

Scotland has made headlines lately with voters rejecting independence and choosing instead to remain part of the United Kingdom. Visitors will naturally be curious about the centuries of history that led to Scotland's distinct culture. And a visit to the country's capital, Edinburgh, with its historic 16th century tenements and grandiose 19th century town houses, is a tale of two cities in one.

The Old Town, dominated by the imposing medieval battlements of Edinburgh Castle, runs downhill along the Royal Mile stretching from the castle to the Queen's official Scottish residence of Holyrood Palace. Exploring the narrow lanes and footpaths between some of the world's tallest 16th- and 17th-century merchants' houses feels like a return to the days of Daniel Defoe, the 18th-century author of Robinson Crusoe and English spy. In contrast, the neoclassical New Town area built between 1767 and 1890 is a masterpiece of city planning, and a UNESCO World Heritage Site.

Museums

Edinburgh is full of free museums within a short walk of each other, including the National Museum of Scotland and its vast array of artifacts from across the world. Nearby the Edinburgh Writers' Museum celebrates the lives of famous Scottish writers such as Robert Burns, Sir Walter Scott and Robert Louis Stevenson. The Museum of Childhood, Museum of Edinburgh and The People's Story provide an informative and entertaining history of the city and its people.

Go for a walk

Edinburgh is ideal to explore independently, but for those who prefer a guide there are a couple of operators, such as Sandeman's Free Walking Tour and Edinburgh Free Walking Tours, which take visitors along the Royal Mile.

Typical routes take in the views of Edinburgh Castle and St. Giles' Cathedral, which has over 200 memorials to notable Scots, and the historic Grassmarket and Cowgate areas.

No walk would be complete without a visit to Greyfriars Kirkyard and the statue of Greyfriar's Bobby at the corner of Candlemaker's Row, celebrating one of Edinburgh's most famous tales about the tiny 19th-century Skye terrier who spent 14 years guarding the grave of his owner.

Arthur's Seat is a dormant volcano which sits 251 metres above sea level.

Arthur's Seat

For the more energetic, Arthur's Seat, a dormant volcano which sits 251 metres above sea level, offers a unique vantage. No other city in the world has an extinct volcano in its limits and as the highest point in the 640-acre (260-hectare) Royal Park adjacent to Holyrood Palace, it also offers a chance to explore the remains of a 2,000-year-old hill fort.

THE ASSOCIATED PRESS

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Bucket list

Formula One U.S. Grand Prix

This may just be your year to see Austin, Texas, for the running of the U.S. Grand Prix. There are still tickets left for this three-day event beginning Oct. 31 in Austin's Circuit of the Americas, one of the top racing tracks in the world, the first built specifically for the Grand Prix in America. You will also see the Ferrari Racing Cup on Friday, the Porsche Mobil 1 Supercup on Saturday and stick around for the classic car parade on Sunday. And while you're there, take advantage of the fact that Austin is one of the hipper cities in Texas, with a great music scene and some of the most cutting-edge microbreweries in the U.S. It all comes to a peak on famous 6th Street. The racing weekend culminates with a Kid Rock concert Nov. 2 at the Austin360 Amphitheater. Visit CircuitoftheAmericas.com.

TEXT: DOUG WALLACE/METRO
PHOTO: CIRCUIT OF THE AMERICAS

All-inclusive Alps adventure offers affordable luxuries

Valmorel. Pick a package and let your friends know you'll be skiing in Europe

KATHY BUCKWORTH
life@metronews.ca

The French Alps are on many avid skiers' bucket lists, but the expectation that the price will be prohibitive keeps many from even exploring the possibility.

But in Valmorel, France, the all-inclusive Club Med ski resort makes managing costs easier.

Club Med is synonymous with the all-inclusive resort, a convenient way for families to manage budgets and avoid most of the dreaded add-on costs, which pop up on a vacation.

Having activities and food (and alcoholic drinks) included proved to be a huge attraction, particularly for hot climates. The term "all-inclusive" still conjures up images of sandy beaches and blue oceans, but both the company and the concept have recently moved up. With a staggering 18 ski resorts in the Alps (spread across France, Switzerland and Italy) the all-inclusive alpine experience is one that families are quickly embracing.

In addition to airfare, transfers, food and open bar, clients also have their lift tickets, equipment storage and ski or snowboard lessons covered.

The Valmorel Club Med (located a two-hour drive from Lyon, France or a one-hour drive from Geneva Switzerland) opened in 2011 with the family ski concept in mind. Besides individual chalets, the lodge includes suites which can easily accommodate a family of four in a stylish, yet compact series of rooms with a king bed, two twins, a sitting area and two separate washrooms. Basic "club" rooms are also available.

Because the altitude of Valmorel is not extreme, many families with young babies and children choose to come here, as it is easier on their more delicate respiratory systems. Baby Club Med is offered to children aged four to 23 months. Older children can take advantage of the included group ski lessons from age four and up.

If the children require babysitting, Club Med offers a Pyjama Club from 7 p.m. to 1 a.m., or in-room babysitting.

The two restaurants (one buffet, one menu) offer a terrific selection of fresh food from the region, and the Baby Corner offers fresh ingredients and a food processor for parents to make their own baby food (premade is also available).

After dinner, the G.O.'s (or Gentil Organis) put on a stage show and entertain kids and parents alike.

An indoor/outdoor swimming pool and hot tub are the perfect end to a day of skiing.

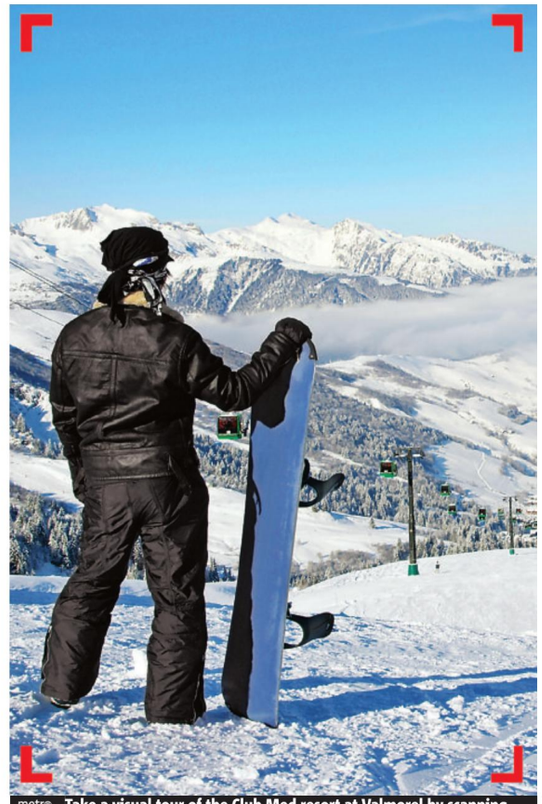
The village of Valmorel is a free five-minute shuttle bus ride away. Established in 1976, it offers a selection of ski shops, restaurants, a bakery, cinema and town music hall for shows and celebrations.

The ski season is set to open Dec. 14, 2014 and will run until April 12, 2015.

This vacation, according to the Club Med website, will run you approximately $6,000 per couple — comparable to a do-it-yourself trip to Whistler. Visit clubmed.ca for details.

Beyond the mountain

Club Med is also introducing the City Visit this winter, which will offer select hotels and transfers to and from Paris as an add-on at the start or end of the Valmorel ski resort vacation.



metro AR **Take a visual tour of the Club Med resort at Valmorel by scanning this photo with your Metro News app.** ISTOCK

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Laughter is the best (and cheapest)

Fighting back with laughter

Robin Duke is writing a one-woman cancer show. HELEN TANSY

Channelling kitten sweater models

A mother, actress, writer, producer and a full-time faculty member in the comedy program at Humber College in Toronto, Robin Duke was in the midst of writing a new show for the comedy group Women Fully Clothed when she was diagnosed with breast cancer.

She had a mastectomy in the fall of 2008.

The following is an excerpt from the one-woman cancer show the former Saturday Night Live cast member is currently writing.

There are few things in life I know for certain that I am good at: swimming, cleaning and MRIs. I'm really good at MRIs.

Some people have to practically be knocked out cold with sedatives to withstand this claustrophobic procedure. It's extremely difficult and uncomfortable to stay perfectly still for the hour of darkness, encased in a large metal cylinder, while radio waves produce detailed pictures of your organs, bones and soft tissue.

Even the smallest of movements can blur the images of the tumour they are trying to measure, meaning even more time inside the MRI for the retakes.

I am proud of my unique ability to remain motionless throughout the magnetic resonance imaging. With all the clanging, thumping, humming and tapping noises throughout the process, I am perfectly still with my body stretched out on the metal table, and I don't move a muscle.

I first developed this skill when I was seven or eight at the Better Living Building at the Canadian National Exhibition in Toronto.

It was there where I carefully studied the "statue" models of The Kitten Sweater Exhibit — beautiful young women in pastel-coloured cashmere, tight-sweater sets and breasts accentuated by bullet bras.

The vintage bras projected their two breasts like head beams on a car. These classic sweater girls stood motionless on small stages, each with its own picturesque setting: a farm with hay bales, the front porch swing of a cottage or an office where a Madmen-like "Peggy" leaned on a desk with a pencil and steno pad.

My parents dropped me off there, confident I would "stay put" while they checked out the latest in early '60s appliances. For hours I would stare at the frozen women and wait for them to blink, make a false move, scratch an itch. I would imitate them and gauge how long I could be paralyzed. The only move they did make was to change poses but this always happened after a considerable length of time.

Cheap medicine

"So what else can you do but laugh? I couldn't run down the street naked, screaming. Laughter is the best medicine and if I can make a joke about cancer it loses some of its power."

Robin Duke

on the power of humour in her recovery from breast cancer

Throughout the day the models would come and go, replacing one for another. Some were better but they all held my complete attention. My parents would then pick me up, waking me from my trance.

At home I would practise standing still for as long as I could, challenging family and friends to outlast me. I won, hands down, every time. At night, I dreamed of the day when my breasts would grow into points and I would become a Kitten Sweater model at the Canadian National Exhibition.

So, when I lie on that rock-hard bed strapped into my MRI rocket, ready for take-off, I shut out the clanging and sounds surrounding me. I close my eyes and suddenly I am in a farm scene or cabin by a lake, or a feminist at a rally. I am anywhere in the world and I hold every muscle completely still. I am a kitten sweater model, however, with only one pointed breast.

Stay positive. How does humour play into dealing with a breast cancer diagnosis? It's more important than you may think

MARK BRESLIN
life@metronews.ca

What do a man wearing a tutu and breast cancer relief have in common?

It may not seem obvious, but it's what one man has used to bring some joy and laughter to his wife, who has been battling the disease for the last 11 years.

New Englander Bob Carey started taking photographs of himself in a tutu — and only a tutu — in various iconic locations to cheer up his ailing wife Linda. Since he began The Tutu Project, the photographs have gone viral. Proceeds of sales of these images as well as calendars (there will be one for 2015) are being used to raise money for the Carey Foundation for families with breast cancer.

But their real value, Bob maintains on his website, thetutuproject.com, is to ameliorate the suffering that goes with his wife's disease.

There's a long history of the relationship between humour and healing.

In the '70s, esteemed author and activist Norman Cousins was lying in a hospital bed suffering from a rare form of arthritis. Nothing seemed to work for him — no medication, no therapy. To cheer himself up, he began to watch the entire Marx Brothers movie catalogue. As he laughed, he made a potent discovery: His pain went away.

A little later, a doctor named Hunter Doherty "Patch" Adams began making his hospital rounds wearing a clown nose and bedpans for slippers. He became so famous for raising the morale of his patients that his life story was made into a movie starring the late Robin Williams.

Adams' work really started the discussion about the relationship between humour and healing. But a man in a tutu? Is this funny? Actually, the tutu has been used for comic effect by a number of comedians. Howie Mandel's first stage performances saw him wearing the tutu (and a sport jacket, of course!) and there's a comedic ballet troupe called Le Ballet Trocadero de Monte Carlo that has its all-male cast wear tutus. It's a benign, non-threatening form of drag, and men dressing up as women has been used since Shakespeare's time to get a laugh.

Having a positive attitude through a breast cancer diagnosis is vital. ISTOCK

Stay present

"For families dealing with sick loved ones, it's important to laugh and smile and remain in the moment..."

Sara Davidson, psychotherapist
on the power of now and laughter

OK, so it's funny, but does any of this really help the sick?

David Schatzky, a psychotherapist and former broadcaster, thinks so.

"When you're able to laugh, you feel better. It releases endorphins, reduces stress hormones, and boosts the immune system. Laughter won't cure anything, but you gain strength from it," he says.

Psychotherapist Sara Davidson of Confervor Counselling Services in Toronto agrees.

"The muscles in the face that are used in the act of smiling trigger a natural mechanism we have that releases these endorphins," she says.

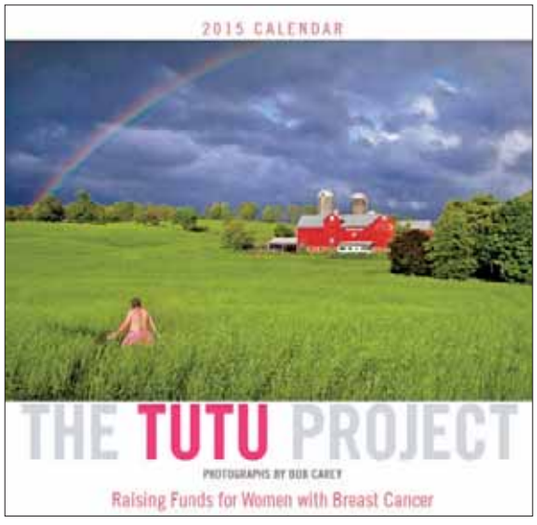
I guess our parents were right when they told us to "turn that frown upside down."

One of the most difficult things about dealing with disease is the toll it exacts not just on the afflicted individual but also on the family of the patient. Davidson notes, "For families dealing with sick loved ones, it's important to laugh and smile and remain in the moment with their loved ones without constantly focusing on the negative possible events that lay ahead."

In other words, laughter can provide much needed relief.

Bob's photographs do just that for his wife and other breast cancer patients. A middle-aged man in a tutu posed against the Lincoln Memorial or in the aisle at Bloomingdale's has got to elicit a smile. Interestingly, most of Carey's photos (which are beautifully shot) place him against a lonely vista, as a possible metaphor of the battle of all those who suffer. The shots are funny, but also moody as

medicine



well. In a video on their site, Bob and Linda share their feelings.

"He isn't afraid to put himself out there ... the more I laugh, the better I feel," says Linda.

Bob adds, "When Linda would go for treatment, she would show my images on her phone to the other women and it would make them laugh."

"Women really like that he's standing by me," she sums up.

This solidarity may be the most valuable help of all. Bob's courage to look foolish, which by no means compares with Linda's courage in dealing with her cancer, is at least an attempt at a way for a loving couple to go through the tough times together.

Both Schatzky and Davidson acknowledge that laughter alone can't cure cancer. But as relief goes, it couldn't be a better beginning.

Here are areas where we're seeing innovations in breast cancer research that could change the way we prevent, diagnose and treat breast cancer in the years to come

VAWN HIMMELSBACH
life@metronews.ca

Understanding genetic markers

It's estimated that five per cent of all new breast cancer cases are caused by mutations in the BRCA1 and BRCA2 genes — and that those cancers should receive different, more targeted, treatments to increase the chance of survival.

Understanding genetic markers can help to prevent breast cancer and improve treatment, according to Dr. Kelly Metcalfe, adjunct scientist at the Women's College Research Institute. Current research is looking at genetic susceptibility factors among a large group of multi-ethnic women in Canada, and those results will be combined with those from 26 countries to help understand genetic markers.

3D screening

Breast screenings can help to find cancers earlier, but they also provide more treatment options and better chances of survival.

Researchers are working on the development of digital breast tomosynthesis — a three-dimensional mammography that makes it much easier than a conventional mammography to see if a cancer is present (since doctors are able to look through different levels of tissue in the breast).

More research is being done in this area, but the promise is that it will be easier to detect cancer, with fewer false alarms.

5

innovations to be aware of

New treatment options

McMaster University's Dr. Julie Arsenault is studying a robotic radiosurgery device called Cyberknife to see if it's safe and effective for surgery to treat early-stage breast cancer.

Treatment typically involves surgery to have the tumour removed, followed by whole-breast radiation or chemotherapy over 16 to 30 treatments.

"One of the questions is whether radiation will work as a primary treatment," Arsenault told Metro. The concern with conventional treatment is toxicity, since the heart and lungs lie just underneath the breast. Stereotactic body radiation therapy provides a much larger, much more targeted, dose of radiation to the tumour over about five treatments. Arsenault's research is looking at whether the Cyberknife could help women with early-stage cancer avoid surgery altogether.

Safer drugs

Molecules made in a lab have been found to kill breast cancer cells selectively over healthy cells, according to Dr. Patrick Gunning, Canada Research Chair in medicinal chemistry.

What's been dubbed BP-1-102 has been found to target a key protein that triggers the development of many types of cancer.

Research is being done to stabilize this molecule so it's more bioavailable, meaning it would have a more prolonged effect on the patient. The idea is to create a drug that has fewer side effects and will be much safer than aggressive chemotherapy techniques.

Improving quality of life

According to research by Karen Dobbin at CancerCare Manitoba, 88 per cent of women surveyed had at least one physical problem after breast cancer treatment but only 43 per cent had any type of rehabilitation. New research is looking at rehabilitation services for women who have survived breast cancer, as well as outcomes of various rehabilitation efforts. Research has already documented the many benefits of physical activity for women during and after treatment, such as lower rates of cancer-related deaths. One initiative at the Princess Margaret Cancer Centre involves harnessing the use of mobile apps with physical exercise to encourage long-term behaviour change — and long-term improvements in quality of life and survival.

Metastatic Breast Cancer

Many people have never heard of metastatic breast cancer, which occurs when the cancer has spread to other parts of the body, such as the bones, liver or other organs.

Metastatic breast cancer is considered an incurable disease that may be controlled through treatment, though survival rates remain low. In recent years, treatments have continued to advance and change the face of the disease, providing women with the opportunity to create more memories, and share their wisdom and advice with family and friends.

Here's what you should know about metastatic Breast Cancer:

24,600
The estimated number of Canadians who will be diagnosed with breast cancer in 2014.

30
The percentage of women initially diagnosed with earlier stages of breast cancer who later develop recurrent and/or metastatic disease.

4
The most common types of breast cancer. Knowing as much as you can about your type can help you better understand and manage your metastatic breast cancer.

3
The number of Canadian women who are diagnosed every day with locally advanced and/or metastatic disease as their first breast cancer diagnosis.

NEWS CANADA

Surviving and thriving with a metastatic breast cancer diagnosis

More than half of the new cases of breast cancer will occur in women between the ages of 50 and 69. ISTOCK

Stage IV. This is the most serious form of the disease and occurs when the cancer has spread to other parts of the body

"Being diagnosed with cancer was the scariest day of my life," said Nathalie Baudais, who is living with metastatic breast cancer. "But I made the choice to live my life to the fullest, even when faced with challenges."

Metastatic breast cancer (referred to as stage IV) is the most serious form of the disease, and occurs when the cancer has spread to other parts of the body, most commonly the bones, liver, lungs and brain.

About 24,600 Canadians will be diagnosed with breast cancer in 2014. Each day, more than three women will receive their first breast cancer diagnosis of locally advanced and/or metastatic, as did Baudais who was diagnosed with locally advanced breast cancer in 2008.

Although she was only 29 at that time, more than half of new cases will occur in women between 50 and 69, and her diagnosis speaks to the fact that each person's experience with breast cancer is unique.

About 30 per cent of those diagnosed with early stages of breast cancer later develop recurrent and/or metastatic disease. Baudais was diagnosed with metastatic cancer in 2011.

Research shows many women with metastatic disease feel isolated from the greater breast cancer community.

"I think the key thing that people with metastatic breast cancer need to know is that you are not alone in this," said Baudais. "We should not allow this disease to take any more from us than it already has. We need to replace the feelings of isolation and fear with hope, community and optimism."

In recent years, treatments have continued to advance and change the face of the disease, providing women with the chance to create more memories, share their wisdom, and advice with family and friends.

"It is so important that Canadians living with metastatic breast cancer feel supported and part of a greater network of women who are facing similar challenges with their diagnosis, and that no matter where they are located in this country, they have access to treatments and excellent management of their disease," said Cathy Ammendolea, chair of the Canadian Breast Cancer Network.

"Many Canadians living with metastatic breast cancer are still vibrant members of our society with families, careers, hobbies and everything else that life is about." NEWS CANADA

Types of breast cancer

Here are the latest facts and the information on this disease.

- **Types.** There are four main types of breast cancer. An important first step is to determine human epidermal growth factor-2 (HER2) and hormone receptor (HR) statuses of the breast tumour cells so that treatment can be optimized. Advanced hormone-receptor positive (HR+) breast cancer is the most common form.
- **Stats.** Approximately 70 per cent of all invasive breast cancers are HR+ at the time of diagnosis.
- **Genetic profiling.** Researchers are beginning to explore how genetic profiling can help guide decisions about which treatments are most appropriate. Personalized medicine works by assessing the genetic makeup of individual tumours and then tailoring the therapy to be more targeted.

Online

To learn more about metastatic breast cancer visit the Canadian Breast Cancer Network website at cbcn.ca.

Angelina Jolie has increased the popularity of genetic testing. GETTY IMAGES

Cancer treatments tailored to match patient and disease

Angelina Effect. Genetic testing helps doctors diagnose and treat the many different forms or breast cancer

EVA KIS
Metro in New York City

As an oncologist, Dr. Marisa Weiss knew more about breast cancer than most when she was diagnosed 4-1/2 years ago. But that knowledge didn't stop her from feeling the fears and doubts of all cancer patients.

"I really understand it from both sides of the table … that you hang on every word, watch your doctor's face for any information, try to read more into what they're trying to say," she said.

Genetic testing has accelerated the pace of innovation in treatment, which is becoming more precise. "The treatments for breast cancer are really getting very tailored," she says. "One of the things we learned about breast cancer is that it is not one disease; there are different types of breast cancer that behave very differently and are treated very differently."

As Breast Cancer Awareness month begins, Weiss, who founded BreastCancer.org and practises in Philadelphia, tells Metro how the field has changed in the past year and the future of treatment.

Where do we stand?
Breast cancer used to be an uncommon disease 100 years ago. It has since become the most common cancer to affect women: 29 per cent of all cancers in women start in the breast. We are not making headway in terms of the incidence of breast cancer, but our methods of detection have improved, giving us more precise tools for finding it early, when it's most treatable.

What's new in the past year?
Just over a year ago, Angelina Jolie shared her personal story about having the BRCA1 gene in her family, and so there is the Angelina Effect. About twice the number of women are getting genetic testing now than before. Still, genetic testing is drastically underutilized.

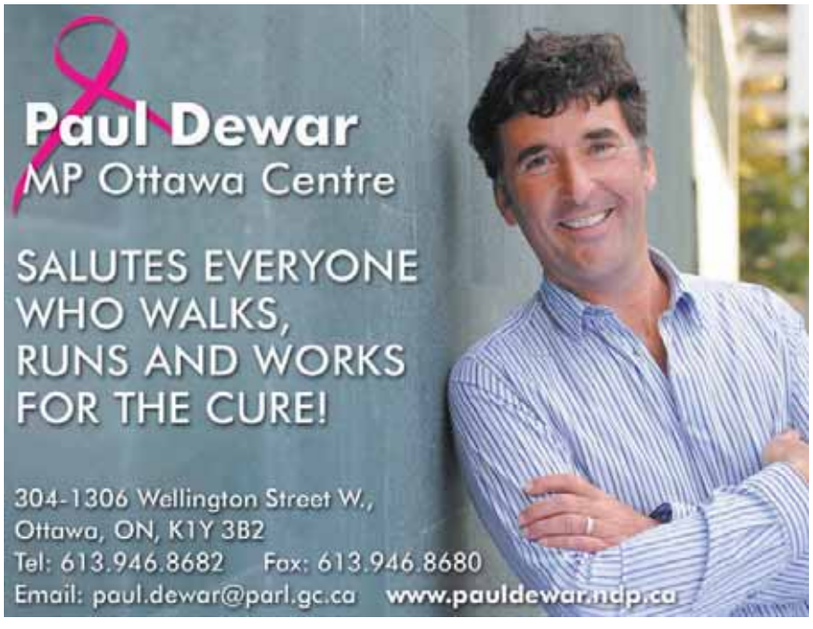
Facts and figures

Breast cancer is the second-most common cancer diagnosed worldwide, with 1.7 million new cases in 2012.

- **Breast cancer** accounts for 1 in 4 of all cancer cases in women globally.
- **Having one** first-degree relative (mother, sister, daughter) with breast cancer doubles your risk; two first-degree relatives triples it.
- **There are** more than 6.3 million breast cancer survivors worldwide.

How have treatments changed?
As our understanding grows about what is producing cancer and how we can most effectively get rid of it, the options are also expanding and designed to be tailored to each individual. So that's tricky when you're painting a diagnosis 'cause there's no one-size-fits-all, and you can't just do what your best friend did; it may not apply to you.

How are these treatments being developed?
There are the different cells that make up one cancer that require different forms of treatment that work in different ways. What's driving these advancements is trying to better understand the genes and proteins that turn on and turn off breast-cancer growth, as well as their ability to behave in certain ways, like invade normal tissue.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Someone to watch over my work

A comrade in careerdom. How can a mentor give me a push along my path?

LAUREN MARINIGH
TalentEgg.ca

Having a mentor can be extremely beneficial to your career growth at every level.

Many people are reluctant to seek out a career mentor — particularly those who are inexperienced or new to an industry. However, the benefits can be significant and are well worth exploring.

Advice and support from someone who has experience and insight can be the perfect complement to your own initiative and drive.

Here are just a few things a top mentor can offer you.

Sharing an insider's perspective

A mentor can provide you with an insider's perspective on navigating your own career path.

No matter what stage you're at in your career, a mentor can be a great source of information and guidance, providing critical feedback and advice that will help you to make decisions about your career.

A mentor's advice may not always be unique, but mentors offer a different perspective than your professors, family or friends.

Even where their advice doesn't align with your priorities or goals, you'll be able to make decisions with a clearer sense of the pros and cons. That input can make a significant difference when you're facing a major career decision.

Holding you accountable

Do you have a specific career goal in mind? Or do you feel a little like you lack purpose?

When it comes to developing (and setting) your goals, a mentor offers more than just guidance.

It's easy to let goals slide when they're kept a secret. Laying your goals and plans out with a mentor's input will make you more accountable to actually completing them. This also applies to getting started, not just following through.

Enhancing your network

A mentor can help enhance and expand your professional network.

Although you can't guarantee every mentor will have connections to the CEO of your dream company, they more than likely will have other connections in the field that may be able to help you down the line.

Expanding your network early on in your career can set you up for success.

Not only do you have the potential to eventually connect with your mentor's network, but also connecting with your mentor alone can help open many doors for you.

It is never too late or too early to find yourself a mentor. Having a mentor can benefit you no matter what stage you're at in your life and career.

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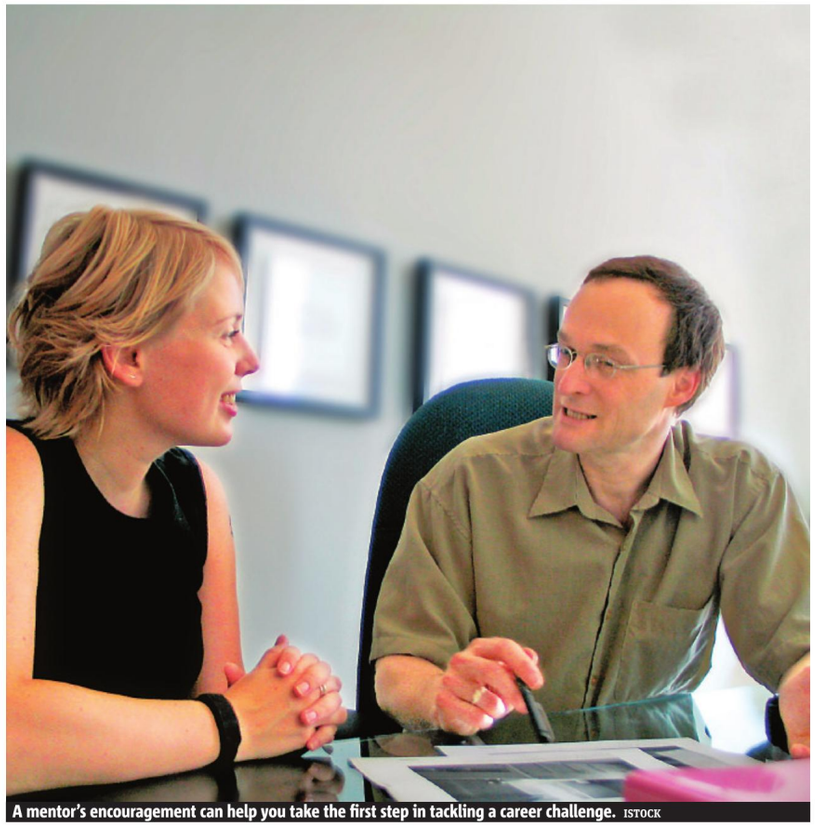
Answering your questions

A mentor has probably tackled many of the questions you have to ask, whether it's something industry-specific or more open-ended.

- While self-guided research is vital to your continued career success, a mentor can offer a much-needed personal counterpoint.
- You may find that your mentor has questions for you, which can help you build your skills as a communicator, and recognize areas where you would benefit from learning more.

Another viewpoint

A mentor's advice may not always be unique, but mentors offer a different perspective than your professors, family or friends.



A mentor's encouragement can help you take the first step in tackling a career challenge. ISTOCK

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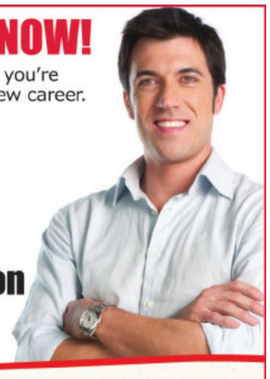
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Arming yourself with great answers

Get ready to be recruited. The best ways to respond to interview inquiries

SHAHEERAH KAYAN
TalentEgg.ca

There is strength in being able to acknowledge your weaknesses, and in pointing out how you're working to improve in those areas. ISTOCK

You've got an interview coming up. Are you wondering what kind of questions the employer will ask you? Here's a list of commonly asked interview questions and tips for preparing yourself accordingly.

"Tell me about yourself."
This is a classic question. This is your chance to sell yourself and your talents to the employer. You will want to tell a good story about yourself, what your skills and prior work experiences are, and how you can use that to benefit the employer. Also let your personality shine through, and let the employer in on your interests and career goals.

"What is your biggest weakness?"
This is your chance to talk about your weakness, and definitely emphasize how you are working to improve on it. For example, if you're afraid of public speaking, take on a volunteer position to improve your presentation skills and become more comfortable with public speaking. Showing that you actually recognize your weaknesses and are taking action to deal with them will demonstrate that you are proactive and like to take initiative.

"Why do you want to work in this position/work at this company?"
Make sure to research the position and company before the interview. Here, you can talk about why the role interests you and what skills you have that will complement the position. Also talk about what attracted you to the company in the first place, such as opportunities for on-the-job training or the company's social responsibility initiatives.

"Can you describe a difficult obstacle you faced, and how you overcame it?"
This is a classic question because employers want to judge your ability to problem solve and handle tough situations.

Give solid examples of situations where you had to work under pressure, complete a tough assignment or co-operate with problematic team members. Briefly describe the situation and then talk about what steps you took to solve the issue.

Talk about the positive outcomes that resulted, and what you learned from the overall experience.

After the interviewer is done with their questions, they will ask you if you have any questions for them. It's a good idea to say yes (this shows you are genuinely interested), and have some good questions to ask them. Don't ask about salary and don't ask a question you could easily have researched beforehand. Instead, here are some good questions to ask:

- What is the most challenging and fun thing about this position?
- Is there a particularly challenging area of this position I should be aware of?
- What new projects will I get to assist with?
- What is a typical day on the job like?
- What will happen next in the hiring process?

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Working hard to find the right job

SHUTTERSTOCK

Sandra's story

Sandra Bang was born in Korea. She is hard of hearing and uses American Sign Language. She speaks and reads fluently in Korean. In her home country, she worked in retail. She did not have problems communicating with customers because she could lip-read Korean.

When Bang moved to Canada, she still wanted to work in retail, but had a hard time finding a job. Canadian Hearing Society (CHS) employment counsellor Régent Gendron worked with Bang on different strategies she could use with potential employers.

Every time she tried to apply in person at a store, the managers told her to apply online. Wanting to try a different approach, Bang applied for a job with Crate and Barrel online first and then visited the employer.

When she gave her resumé to the employer, they told her once again to apply online. She replied that she had already done so, and wanted to meet them in person so they could see how friendly she was. The employer was surprised and liked her attitude.

Crate and Barrel contacted Bang for the merchandiser position as a winter seasonal employee in November 2012. When the seasonal contract was over, the manager asked Bang if she could stay on as a permanent employee and she accepted.

"The manager told me she was impressed with Sandra, who is a fast worker and highly energetic," Gendron said.

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Add a splash of colour to your tacos

Vegetarian dish. Black beans, bell peppers, corn and more make for a very memorable presentation

DINNER EXPRESS
Emily Richards
food@metronews.ca

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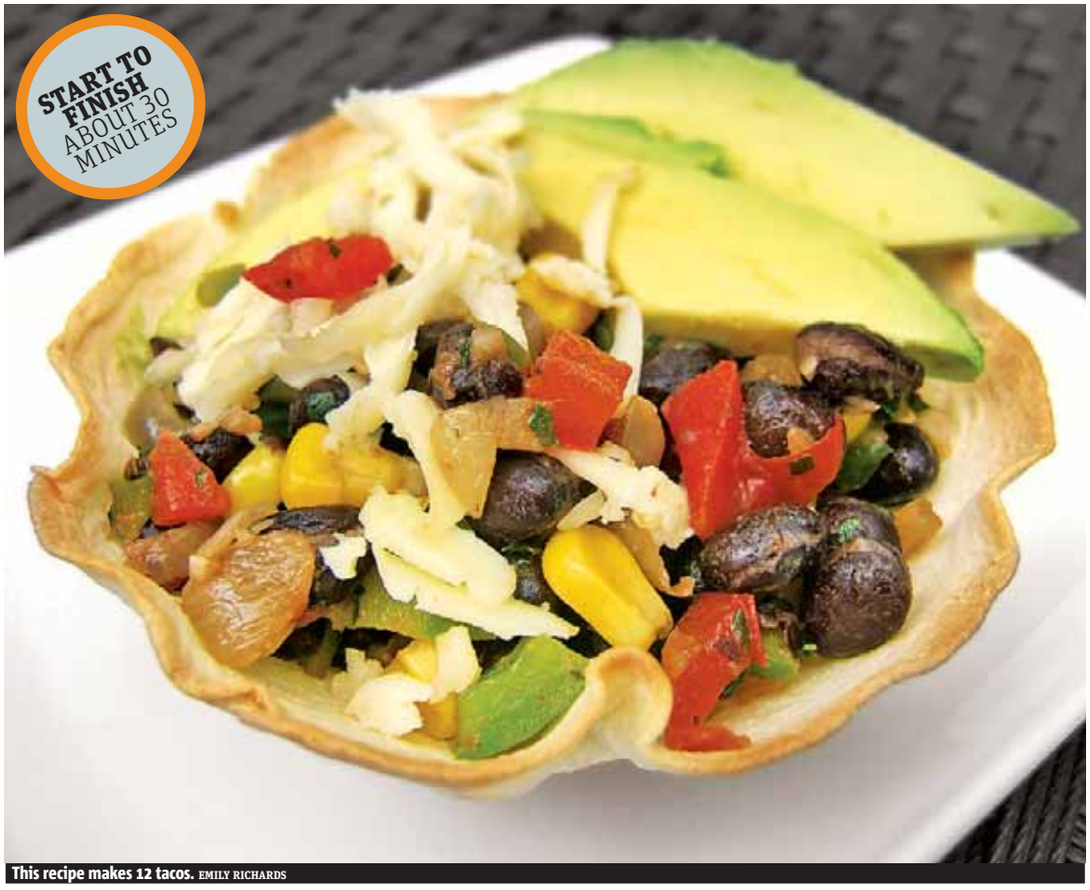


This recipe makes 12 tacos. EMILY RICHARDS

If you look around the grocery aisles, you'll find many versions of taco mixes. You can also make your own creations very easily with just a few pantry staples.

While you're planning taco night, also check out the tortilla options.

You can use flavoured flour tortillas or pick up some corn tortillas for a classic combination.

Restaurants always serve up their taco shells warm, which enhances the filling and the taco experience and you should, too.

These Vegetarian Tacos have a bit of hit of smokiness, thanks to the chipotle peppers. You can find them in cans in the grocery store.

Although you only need one for the recipe, keep the other chipotles in the freezer to add to other favourite taco or chili recipes.

If you lay them out flat on some wax paper and freeze, once they are solid you can tuck them away into a container or freezer bag to pick out one when you need it next time.

You can make the filling for this dish ahead and serve it up at room temperature or right out of the pan.

Ingredients

- 4 large spinach or tomato basil flour tortillas
- 2 tbsp (30 ml) canola oil
- 1 onion, diced
- 4 cloves garlic, minced
- 1 can (19 oz/540 ml) black beans, drained and rinsed
- 1 chipotle pepper in adobo sauce, minced
- Half each red and green bell pepper, diced
- 1/2 cup (125 ml) corn kernels
- 1 tbsp (15 ml) each chopped fresh basil and mint
- 1 avocado, sliced
- 1/2 cup (125 ml) shredded jalapeno havarti cheese

1. Brush your spinach or tomato basil tortillas lightly with some of the oil. Using a 4-inch (10 cm) round cookie cutter, cut 3 circles out of each tortilla and place oiled side down in muffin tin. Repeat with remaining tortillas. Bake your mini tortilla bowls in 400 F (200 C) oven for about 7 minutes or until crispy and golden. Remove from pan and let cool.

2. Heat the remaining canola oil in nonstick skillet over medium-high heat and cook onion and garlic for 2 minutes or until softened. Stir in the black beans and chipotle pepper and cook, stirring for 5 minutes or until hot. Stir in red and green peppers, corn, basil and mint and remove from heat.

3. Divide mixture among tortilla bowls and top with avocado and cheese to serve.

Sweet yet tangy with each bite

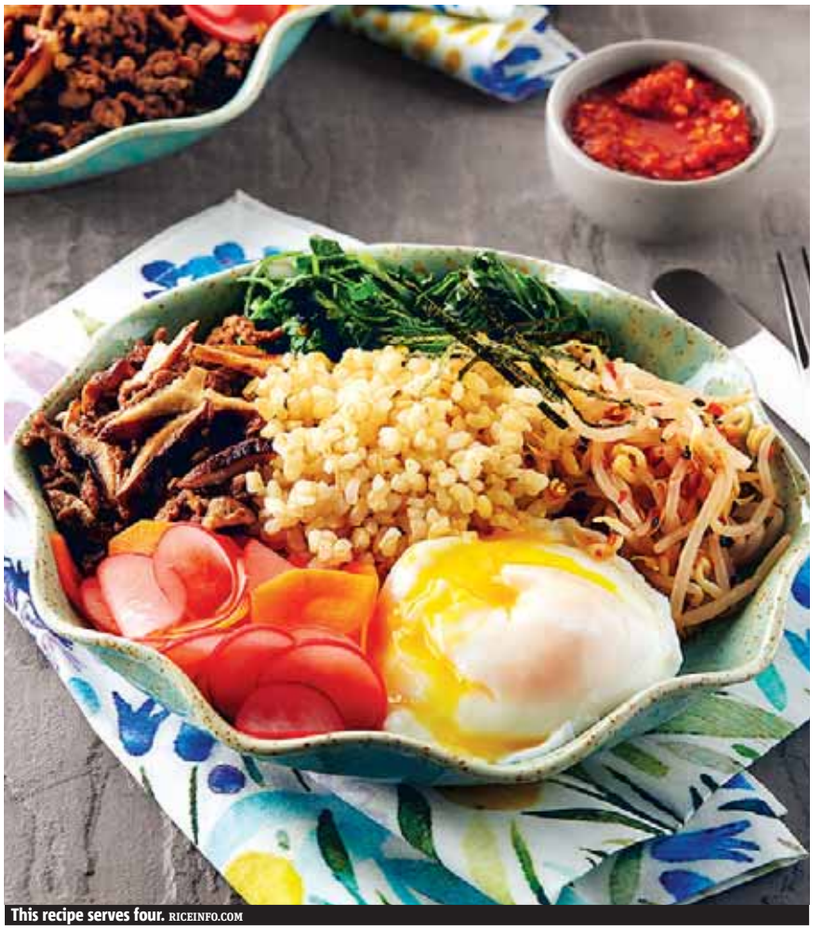
This Sweet-and-Tangy Shrimp Taco recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 2 tbsp butter
- 1/2 medium red onion, diced
- 1 lb shelled, raw large shrimp
- 1 tsp sugar
- 1/2 tsp red pepper flakes
- 1/2 cup sliced Peppadew peppers
- Ground black pepper
- 1 heart romaine lettuce, finely chopped
- Four 8-inch flour tortillas
- 2 oz crumbled fresh goat cheese
- 1 avocado, peeled, pitted and sliced

1. In a large sauté pan over medium-high heat, melt the butter. Add the onion and sauté until translucent, about 5 minutes. Add the shrimp and sugar and sauté until just barely pink and firm, 3 to 5 minutes. Stir in the red pepper flakes and Peppadews, then heat for another minute. Season with black pepper.

2. Arrange a quarter of the romaine down the centre of each tortilla, then top with a quarter of the shrimp and Peppadew mixture. Top each serving with a quarter of the cheese and avocado slices. Serve. THE ASSOCIATED PRESS



This recipe serves four. RICEINFO.COM

A mishmash of veg, protein and rice

Healthy Bibimbap Bowl. Put a nutritious spin on this Korean favourite by using brown rice

Bibimbap is a traditional Korean dish that means "mixed rice".

Its rise in popularity might be due to its simplicity and flavourful kick in every mouthful.

What could be easier, or more fun, than tossing vegetables, protein and rice in a bowl, crowning with an egg and then stirring together all the ingredients? Eating it!

This spin on Bibimbap uses brown rice to boost the nutrition profile of this no-fuss, seven-step dish.

1. In a small bowl, combine radishes, carrot, sugar and cider vinegar. Let marinate for 30 minutes.

2. Stir together bean sprouts, garlic chili sauce, sesame oil and seeds.

3. In a large skillet, sauté kale and arugula with oil over high heat. Transfer to a bowl.

4. In same skillet, cook beef with shiitake slices and garlic over high heat.

5. Meanwhile, poach eggs in a medium pot of simmering water.

6. Arrange 3/4 cup rice in the middle of 4 bowls, top each with 1/4 portion carrot and radish pickle, 1/4 of bean sprouts, 1/4 kale and arugula, 1/4 beef and shiitake and 1 poached egg.

7. With scissors, cut nori into thin strips and sprinkle over bowls.

USA RICE FEDERATION, RICEINFO.COM

Ingredients

- 3 radishes, thinly sliced
- 1 carrot, peeled and thinly sliced
- 2 tbsp (30 ml) sugar
- 2 tbsp (30 ml) apple cider vinegar
- 1 cup (250 ml) bean sprouts, blanched
- 2 tsp (10 ml) garlic chili sauce
- 1/4 tsp (1 ml) sesame oil
- 1/4 tsp (1 ml) sesame seeds
- 4 cups (1 l) baby kale and arugula mix
- 1/2 tsp (2 ml) olive oil
- 1/2 lb (225 g) extra lean ground beef
- 1 cup (250 ml) sliced shiitake mushrooms
- 1 tsp (5 ml) minced garlic
- 4 eggs
- 3 cups (750 ml) cooked short grain U.S. brown rice
- 1 sheet nori

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Volquez's biggest start: The mighty Giants

Can he deliver? From All-Star to shaky free agent, right-handed starter wants to repay trust that rescued him

Edinson Volquez's renaissance began with a simple game of catch.

During his brief session with Pittsburgh Pirates pitching coach Ray Searage on that January day at the team's training facility in Florida, the talented but erratic right-hander listened as Searage outlined a plan to help the 31-year-old regain the form that once made him an All-Star.

"He felt wanted," Searage said. "That builds trust."

Ten months later, Volquez will try to repay that trust by sending the Pirates into the NL Division Series for the second straight year when he starts Wednesday night's wild-card game against San Francisco.

The raucous scene that awaits Volquez at PNC Park is in stark contrast to his ignominious exit from San Diego last summer, when the floundering Padres released him after a miserable stretch in which his ERA ballooned to 6.01.

"It's kind of sad a little bit," Volquez said. "You feel like your career is over."

He ended 2013 with the Los Angeles Dodgers, where he showed minor improvement before hitting the free-agent market. But most teams hardly seemed interested in signing a pitcher who spent a half-decade struggling with his command and composure.

By the numbers

Volquez is 13-7 with a 3.04 ERA in a team-high 32 starts. Volquez went 5-0 with a 1.64 ERA in his last 11 starts.

Go to metronews.ca for coverage of Tuesday night's AL wild-card playoff between the Kansas City Royals and Oakland Athletics.

Yet he found a home in Pittsburgh, where the clubhouse has become an Ellis Island of sorts for players looking to regain something they've lost.

"People (who) know about baseball, they knew I was really close to getting ready to go," Volquez said.

Searage tweaked Volquez's delivery. Pirates catcher Russell Martin worked with him to set a steady pace during games, often hustling to the mound when Volquez starts working too quickly. When Volquez gets out of rhythm, his mechanics run amok.

"Early on he couldn't control it. He had elbows and knees flying all over the place," Searage said.

It's the biggest start of his career, but Volquez isn't exactly sweating it. He spent Monday lying around his house napping. On Tuesday he traded jokes with other players before playing long toss and shagging flies during batting practice.

"I've got to pitch my game and be myself," he said.

THE ASSOCIATED PRESS

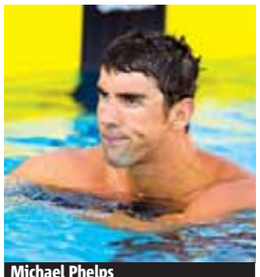
The Pittsburgh Pirates' Edinson Volquez at a team workout at PNC Park in Pittsburgh on Tuesday. Volquez gets the start against the San Francisco Giants in Wednesday's wild-card game in Pittsburgh. GENE J. PUSKAR/THE ASSOCIATED PRESS

Second time. Olympian Michael Phelps charged with impaired driving

Police arrested Olympic swimmer Michael Phelps on a DUI charge early Tuesday, and officials say he was speeding and failed field sobriety tests when officers pulled him over.

This is Phelps' second DUI charge in Maryland. The first charge was in 2004, and he received 18 months' probation and a $250 fine. Phelps, a native of Baltimore County, is the most decorated Olympian of all time, with 22 Olympic medals.

THE ASSOCIATED PRESS



Michael Phelps
THE ASSOCIATED PRESS FILE

Figure skating. Chan to skip competition season

Three-time world champion Patrick Chan plans to skip the upcoming figure skating season and return to the competitive circuit for the 2015-16 campaign.

Chan, who took a break from training over the spring and summer while he pondered his future plans, will take part in invitational events and exhibition programs over the coming months.

"My goal is to return to a full competitive schedule after this year," he said.

Chan, silver medallist in Sochi behind Japan's Yuzuru Hanyu, did not try to win a fourth straight world title this year. He skipped the event in Japan and Hanyu took gold there as well. THE CANADIAN PRESS

Recharging

"I will return to competition having learned new ways of training and preparing from this year off." Patrick Chan

NASL

Fury looks for recovery against Atlanta at home

After a heartbreaking loss to league-leading Minnesota United on Sunday, the Ottawa Fury are looking to secure their first win at TD Place when the hapless Atlanta Silverbacks visit Lansdowne on Wednesday night.

Atlanta is currently mired in a six-game losing skid, including a 3-0 loss at home to Ottawa.

Kickoff is scheduled for 7 p.m. and the match can be watched on Rogers TV channel 22.

TIMOTHY COATES/FOR METRO

CFL

Willy takes a day off before taking on the Redblacks

Winnipeg quarterback Drew Willy took a day off to rest Tuesday but will be in the lineup this week when the Blue Bombers face the Ottawa Redblacks.

Willy has been taking a pounding of late as the Bombers continue to struggle in the second half of the CFL season.

He leads the league in passing yards, but the Winnipeg offence is having trouble turning those yards into points.

Winnipeg will take a 6-7 record into Friday's game against Ottawa.

THE CANADIAN PRESS

Women's World Cup

No Plan B other than turf: FIFA

Despite the threat of a lawsuit from top players, there is no Plan B beyond playing the 2015 Women's World Cup of soccer on artificial turf.

"Currently no," Tatjana Haenni, FIFA's deputy director of the competitions division and head of women's competitions, said Tuesday in an interview from Ottawa.

"We play on artificial turf and there's no Plan B."

A group of top female players has threatened to file a lawsuit over the turf, saying it is discrimination since men would never play their World Cup on artificial turf.

THE ASSOCIATED PRESS

2015 Mitsubishi Outlander

- **Type.** Five-door, compact crossover
- **Engines.** 2.4-litre inline four-cylinder (166 hp), 3.0-litre V6 (227)
- **Transmission.** CVT (automatic), 6-speed Sportronic automatic
- **Price.** $25,998 base, $38,928 as-tested

Market position

Available in many 2WD and AWD guises, including very advanced S-AWC. Big brother to RVR, the latter based on a shorter version of the Outlander platform. One of few compact SUVs still available with third-row seating and V6 power. Struggling to be heard in a very crowded and competitive segment.

Points

- One of the first in segment to offer adaptive cruise control, lane-departure warning and forward-collision mitigation (on GT trim line).
- Super All Wheel Control manages over/under steer and traction via front-to-back and side-to-side torque split.
- All-new for 2014, and updated for 2015 with a more aggressive, all-black, front-end look.

A third row of seats is available, but it's pretty tight back there.

Safety features

Seven standard air bags, 4-wheel disc brakes with ABS, electronic brake force distribution, traction and stability control, hill start assist, tire pressure monitoring, available adaptive cruise and lane departure and forward collision mitigation, anti-theft alarm and engine immobilizer.

Out of mind, not out of sight

PHOTOS: MIKE GOETZ

Review. Mitsubishi Outlander remains popular, despite automaker's lower profile in tough CUV market

MIKE GOETZ
drive@metronews.ca

The Mitsubishi Outlander is easy to overlook when you're compiling a short list of crossover utility candidates.

Put that down to Mitsubishi being one of the smaller automakers in the business, the proliferation of competitors in this segment, and the perennial chart-topping performances of CUV segment pioneers and icons Ford Escape, Honda CR-V and Toyota RAV4.

And put it down to the Outlander itself, never one to stand out in a crowd, at least visually.

All new in 2014, and retouched for 2015, the Outlander has made great strides in the looks and interior sophistication departments.

Our top-of-the-line GT tester looked fetching in deep red and 18-inch two-tone mesh alloy wheels.

Although the base Outlander, the front-drive ES, starts at $25,998, the GT range, which comes with Mitsubishi's Super All-Wheel Control system (S-AWC), starts at $36,198. Our tester was further bolstered with the $2,730 Navigation Package, for an as-tested and meaty price of $38,928.

For that, you get loads of premier safety technology and an Outlander that can really grip the road. The S-AWC system, first developed for the over-achieving Evolution sports sedan, keeps the crossover seriously connected to the road in any twisty and/or slippery condition.

The interior is uncluttered and effective, with new soft-touch materials.

But the rub is, you rarely feel like pushing the cornering experience in the Outlander. A bit bigger and heavier than its compact-CUV competitors, it unfortunately feels even taller, heavier and a bit nervous at the wheel.

The GT's 3.0-litre V6, good for 227 horsepower and 215 lb.-ft. of torque, is certainly powerful and refined enough, and the six-speed transmission shifts smoothly.

Fuel economy is rated at 11.5 L/100 km in the city and 8.4 on the highway.

The interior is uncluttered and effective, with new soft-touch materials for 2015. It's easy to find a sweet spot in the driver's seat, with lots of adjustability and visibility.

The SE and GT models come with a third row of seating, but it's super-tight back there.

The GT's 710-watt Rockford Fosgate sound system, with eight speakers and a 10-inch subwoofer in the cargo area, was predictably awesome.

Lower-level Outlander models have less high-tech hardware and fewer gizmos to talk about, but seem to have no problem finding buyers. In fact, Outlander outsells many competitors that have more name recognition.

So it is definitely one to consider for a test drive, especially if you need V6 power or seven seats in a CUV.

Compare

1 Ford Escape
Base price: $25,249
Top-selling compact SUV in Canada. Stylish and agile.

2 Honda CRV
Base price:$27,863
Solid and well-designed. Techy and terrific 188-hp engine.

3 Toyota RAV4
Base price: $25,695
Good interior packaging and materials. Secure road manners.

5 DRIVE

Engineering specialist Anthony Lyscio helped develop a suspension damping system for the Camaro. JIL MCINTOSH

GM engineers ramp the damp for Camaro Z/28

Driving Force. High-performance version of Chevy sports car needed more dynamic handling for the racetrack

JIL MCINTOSH
drive@metronews.ca

Shock absorbers and struts play an essential role in keeping your vehicle on the road.

They absorb bumps and help keep your tires firmly planted on the road, but there are high-performance versions that stiffen the ride and allow for more dynamic handling on sports cars.

The Chevrolet Camaro Z/28 uses a new system, called Dynamic Suspension Spool Valve (DSSV) Dampers, intended to improve the car's handling during intense use on a racetrack.

"We identified a need and looked at what systems were out there, but they didn't do the job we wanted to accomplish," says Anthony Lyscio, an engineering specialist at GM's Canadian engineering centre in Oshawa, which created the DSSV system.

"We couldn't solve it with (existing systems), so we came up with our own invention."

When you go over a bump, the vehicle's springs absorb the impact to give you a comfortable ride. But, on their own, they would continue to bounce the car up and down. The shock absorbers dissipate this energy to reduce the bouncing and keep the car under control.

Most of them are essentially hollow tubes filled with oil and bolted between the frame and the wheel. Inside is a piston that contains tiny holes. Oil passes through these holes as the piston moves in and out, slowing its movement and controlling the car's bounce.

This is known as damping, which is why shocks are also called dampers. The rate at which the oil passes through helps to determine how softly or firmly the car will ride.

Most shock absorber pistons use flexible steel discs to control the internal oil flow, but the DSSV system uses a spool valve with laser-cut ports, which allow additional oil flow when required.

The ports provide more consistent operation than a shock absorber with steel discs, and allow the engineers to "tune" the shock for the car's high-performance ride and handling.

How the suspension is tuned depends on the vehicle. Everyday cars have a softer ride for comfort, but sports cars need firm suspension to help the driver with control on hard curves and at high speeds.

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*Lease payments of $175/$323 on the Jetta/Tiguan must be made on a monthly basis and cannot be made bi-weekly. Limited time lease offer available through Volkswagen Finance, on approved credit, based on a new and unregistered 2015 Jetta / 2015 Tiguan 2.0T base model with 5/6-speed manual/automatic transmission. $1,395/$1,610 freight and PDI included in monthly payment. 48/36-month term at 1.9%/0.5% APR. $0 down payment, $230/$370 security deposit and first monthly payment due at lease inception. Total lease obligation: $8,400/$11,628. 64,000/48,000-kilometre allowance; charge of $0.15/km for excess kilometres. PPSA fee, licence, insurance, registration, any dealer or other charges, options and applicable taxes are extra. **Limited time discount on cash purchase only of select new and unregistered 2014 models remaining in dealer inventory. Example: discount of $5,000 available on 2014 CC 2.0T Highline with 6-speed automatic transmission, to be applied against the final negotiated price. Discount varies by model. Dealer may sell or lease for less. Dealer order/trade may be necessary. Offers end October 31, 2014 and are subject to change or cancellation without notice. †2015 Volkswagen Jetta 4 DR FWD / 2015 Tiguan 4MOTION® received a 5-star overall rating / 5-star side-crash rating. Government star ratings are part of the U.S. National Highway Traffic Safety Administration (NHTSA's) New Car Assessment Program (safercar.gov). Crash performance was based on a U.S.-equipped vehicle. Some features on that model may be optional or not available in Canada. Models shown: 2015 Jetta 1.8T Highline, $25,990 / 2014 Tiguan 2.0T Highline R-Line, $40,190. Vehicles may not be exactly as shown. Visit vw.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Volksfest", "Das Auto & Design", "CC", "Jetta" and "Tiguan" are registered trademarks of Volkswagen AG. © 2014 Volkswagen Canada.

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You must honour your side of some sort of bargain. If you don't, your reputation will head south. It works both ways. You can demand that others live up to their obligations as well.

♉ Taurus
April 21 - May 21
You seem to be in one of your silly moods — and that's a good thing. Most days you might worry what others think of your behaviour but today you just cannot be bothered.

♊ Gemini
May 22 - June 21
Something you take for granted will be changed beyond recognition over the next few days. But seeing as it is so clearly a change for the better, you won't be in the least bit worried.

♋ Cancer
June 22 - July 23
This may be an emotional time in your life but there are people who love you and are always there for you. If you are smart you will call on them. They will ease your fears.

♌ Leo
July 24 - Aug. 23
If you need to take stock of your money situation, this is a good time. But don't get so caught up in dollars that you view everything as profit or loss.

♍ Virgo
Aug. 24 - Sept. 23
Today's powerful cosmic activity means you can, if you wish, force your will on others. It may be profitable but is it right?

♎ Libra
Sept. 24 - Oct. 23
You should be able to find ways to deal with the challenges you'll face today. Even if they prove tougher than expected, surely there is someone you can turn to for help.

♏ Scorpio
Oct. 24 - Nov. 22
What you do in private today is more important than what you do in public, especially as it will help build emotional bonds with people you may have neglected in recent months.

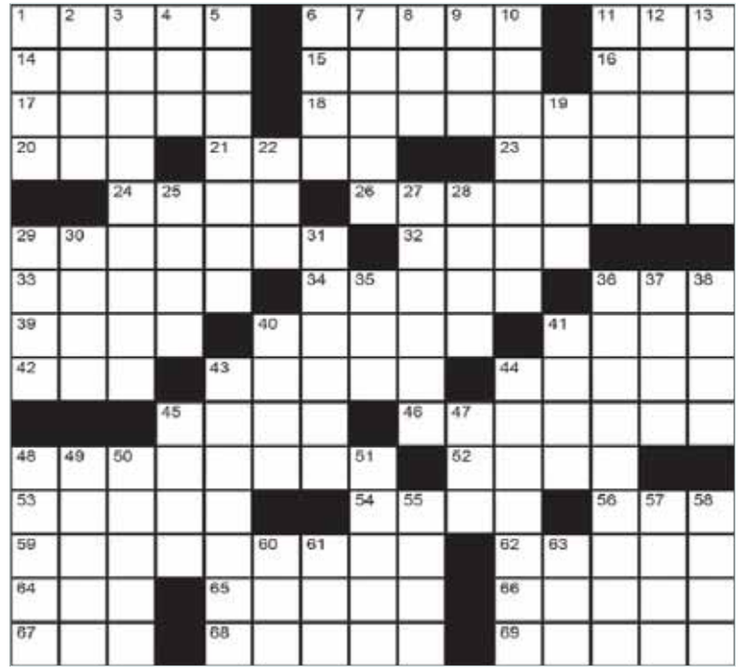
♐ Sagittarius
Nov. 23 - Dec. 21
Your independence is precious to you and that means you are likely to clash with someone who does not believe you should be allowed to have radical opinions.

♑ Capricorn
Dec. 22 - Jan. 20
Remember, no matter how well you do in life and no matter how high up the ladder you climb, there is always someone bigger and badder than you.

♒ Aquarius
Jan. 21 - Feb. 19
Whatever else life may be at the moment, it certainly isn't dull. The Sun in your fellow Air sign of Libra makes even mundane events seem more exciting.

♓ Pisces
Feb. 20 - March 20
You may not be able to make sense of what is taking place around you. The important thing is that what it is you're trying to do is clear in your mind.

Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Bite into, puppy-style: 2 wds.
6. Fibre-__ cable
11. Noncom. officer
14. Irish tune: "Robin __"
15. Raptor's Staples Center competitor
16. Canadian journalist Mr. Velshi
17. Tosca aria: "__ d'arte"
18. Manitoba's motto, '__ et liber'
20. Hitherto
21. Hillside
23. "Danke __!"
24. Ornamental case
26. 1959: Canada's National Ballet School founding Principal, Betty __
29. Museum bigwig
32. Puccini aria: "_ __ Babbino Caro"
33. Ms. Potts
34. Inert gas
36. _-d'Or, Quebec
39. Ms. Vardalos'
40. Potsie's portrayer
41. Canadian restaurant chain known for its breakfast/lunch menu
42. NYSE's 'S', briefly
43. __ __ water
44. Coin toss call!
45. Minstrel's instrument
46. Wet plaster murals
48. "Brick by Boring Brick" band
52. Deep __ bend (Gym move)
53. Out on _ __
54. __ sign (Bright advertisement)
56. Simon & Garfunkel's "__. Robinson"
59. Lynryd Skynyrd song that goes "All that you need is in your soul.": 2 wds.
62. Anticipate
64. __ kwon do
65. Strain
66. Cacophonic
67. -enne relative
68. Condemns
69. Classic communication system

Down
1. Village People's "In the __"
2. "Thus with a kiss _ __." - Romeo
3. Harley __, Toronto-born celebrity fitness motivator
4. Three-toed sloths
5. Canadian magazine about Hollywood
6. Actress Ms. Kurylenko
7. The __ Diet ('Caveman' diet)
8. Boxing stat.
9. Occupational suffix
10. Mr. Glover
11. Bird in Disney's animation of Peter and the Wolf
12. Physics Class: Particular particle
13. Dainty denial
19. Eight: Spanish
22. "Notorious" (1946) setting
25. Cocktails, Mai __
27. Depart the Web: 2 wds.
28. "__ __ next!" (Performer's exclamation)
29. Coke containers
30. Division
31. New York __, Mark Messier, once
35. '70s record label
36. Telephone message: 2 wds.
37. Janis' comics co-star
38. Scottish miss
40. Prefix to 'matic'
41. Shell
43. Topsy-turvy
44. Canadian ballet legend Veronica
45. Nightstand item
47. Classic lettered movie studio
48. Tomato __
49. Old Jennifer Garner series
50. Singer LeAnn
51. Supply weapons
55. Specialized doctors, e.g.
57. Stand
58. "Renegade" rockers
60. Prefix meaning 'Outer'
61. My own, in Latin
63. Tribulation

Yesterday's Crossword

Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

1						5	2	
	4	2			1			
		5			9	3		
8				6			7	
	5	7				4	1	
	1			7				5
		3	7			2		
			3			7	6	
	9	8						3

Yesterday's Sudoku

4	5	7	6	3	1	9	2	8
1	3	6	9	8	2	7	4	5
9	8	2	7	5	4	1	3	6
8	7	1	2	6	3	5	9	4
3	6	9	5	4	7	2	8	1
5	2	4	1	9	8	3	6	7
7	9	3	8	1	6	4	5	2
6	1	5	4	2	9	8	7	3
2	4	8	3	7	5	6	1	9

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